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GM MULLING MOVE  
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ABOUT HER NEW  
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OTTAWA

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Thursday, October 21, 2010  
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**Special feature**  
**Province shows its fall colours**

► Metro's guide to Ontario's best as the leaves — and temperatures — fall {pages 35-42}

**Latest looks from Canada's catwalk**

New styles from Pink Tartan, Lovas and more {page 27}



# Victim's friend: 'I hope he rots'

► In bizarre letter penned after confessing crimes, killer apologized to victim's mother  
► 'I know she loved you very much — she told me so again and again,' he wrote

THE CANADIAN PRESS HANDOUT



► Col. Russell Williams is shown in this court-released image from his interrogation by police, captured on video and shown yesterday in a Belleville, Ont., courtroom. Williams told police that while he did ask himself why he raped and killed two women, he could never come up with an answer and he was "pretty sure the answers don't matter." More coverage, page 12.

After days of evidence detailing the rapes and murders coldly carried out by convicted killer Col. Russell Williams, the "voice of the devil" himself was heard yesterday.

"Evil, pure evil," was how Andy Lloyd, brother of victim Jessica Lloyd, described the former air base commander who confessed to his crimes in a police interro-

gation video seen yesterday in court.

Williams was shown displaying more concern for his wife's new house than his terrified and humiliated female captives.

Lloyd, his mother Roxanne and several other family members and friends confronted Williams in court, reading victim impact statements that described in heart-

wrenching detail how Jessica's murder has scarred them for life.

"I hope he rots," said one of Lloyd's friends.

Williams has been convicted of two counts of first-degree murder in the killings of Lloyd, 27, and Cpl. Marie-France Comeau, 37. THE CANADIAN PRESS

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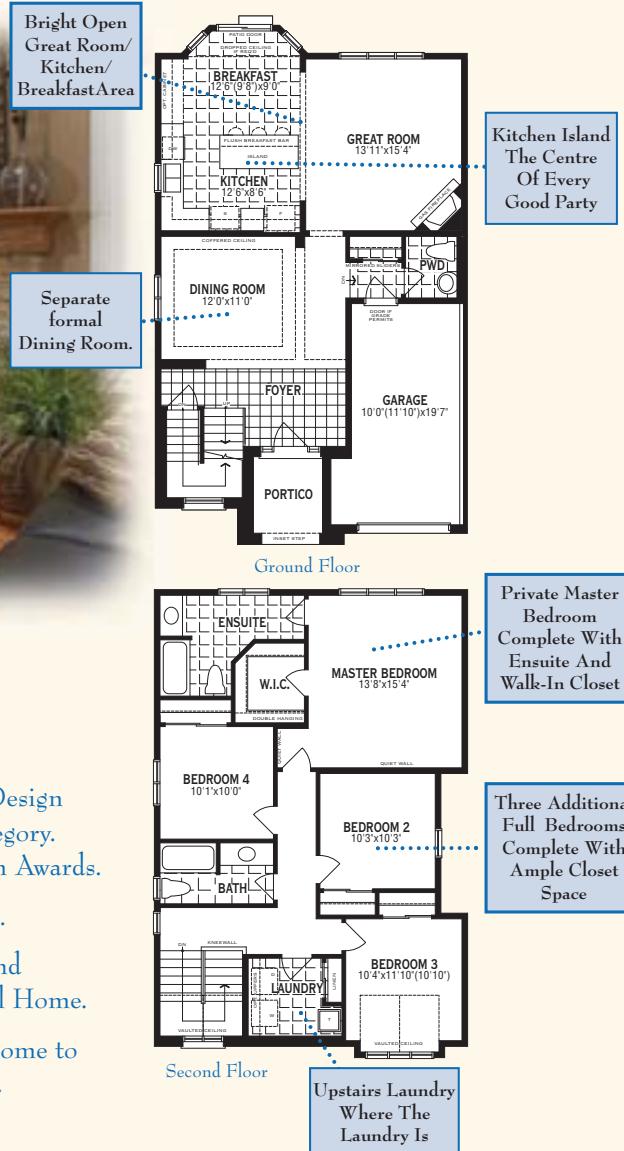
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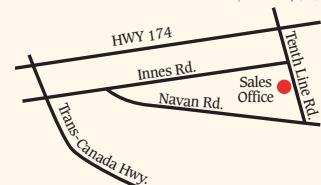


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# Watson merges old and new school

Mayoral candidate Jim Watson spoke to a public relations class at Algonquin College yesterday, and how he got there was a textbook case of how social media is changing election campaigns.

First-year student Elisia Medeiros encouraged by her instructor to try Twitter as she studied how social media was changing the game, decided to tweet Watson himself.

"I added him and I'm like, 'How cool would it be to have you as a guest speaker?' He said 'Sure, why not,' and from there that's how all this led up to today," she said.

Watson told the class he believes Twitter has changed politics for the better.

"It's reaching a certain age group that normally wouldn't be that interested in politics, particularly municipal politics," he

said.

"The other thing is that it allows you get your message out pretty quickly unfiltered."

While he embraces new media, Watson said there's no substitute for old-school door-knocking.

"Canvassing may be old-fashioned," he said. "But I think it works because people want to have that connectivity with the candidate."

• STEVE COLLINS



► Jim Watson speaks to a class of Algonquin College PR students. He urged them to vote on Monday.

# Look a little closer, urges Doucet

- Candidate calls for platform scrutiny
- Takes 'great heart' in victory of Calgary mayor-elect Naheed Nenshi

Confident that he'll surpass Larry O'Brien at the polls, mayoral candidate Clive Doucet took aim at Jim Watson yesterday, citing concern that voters aren't looking at his policies closely enough.

"I don't think Mr. Watson's policies have been represented very clearly in the press," Doucet said.

"I don't think most people realize when he came out with his whole housing thing, he was talking about 20 new units a year. I don't think most people realize the divisiveness of his suggestion to reduce Ottawa city council. I don't think most people realize his bicycle green plan has tiny elements of a broader plan that I have."

"It's about where we want to go in the next four years. The only thing I'm

**"Leadership isn't ... about being Mr. Popularity. It's about standing up for what's right ... I will stand up for Ottawa to get the changes we need."**

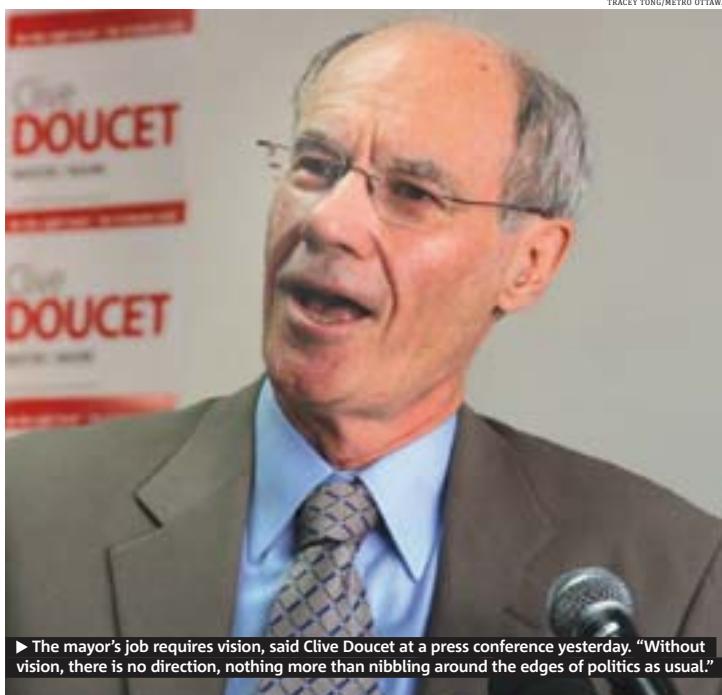
MAYORAL CANDIDATE CLIVE DOUCET

worried about is that not enough people understand."

Watson's policies haven't been given enough scrutiny, he said. "They've just been reported on."

For example, Watson's cycling plan only slightly accelerates what the city has already planned, Doucet said. "And he endorses a tunnel because it's easier than confronting its many, many flaws."

• TRACEY TONG



► The mayor's job requires vision, said Clive Doucet at a press conference yesterday. "Without vision, there is no direction, nothing more than nibbling around the edges of politics as usual."



News on the move

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Allan Small on where to invest if you want to catch companies late to the market rebound party. More at [metronews.ca/investing](http://metronews.ca/investing)

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► Mayoral candidate Jim Watson catches voters on their way to work downtown yesterday. In the last few days before the election, he's sticking to his game plan, a grassroots campaign that involves a lot of door-knocking. He estimates he's hit 29,000 homes so far.

## Candidates take poll with grain of salt

► Poll says Watson at 43 per cent, O'Brien at 15 per cent and Doucet at 12 per cent

TRACEY TONG  
@METRONEWS.CA

A poll released yesterday showed mayoral candidate Jim Watson with a large lead over incumbent Larry O'Brien, and Clive Doucet rapidly gaining ground on the current mayor.

But all three contenders said they are taking the poll with a grain of salt.

"I'm not an expert on polling, so I have no idea who's going to overtake who," said Watson yesterday. "I'm just working hard and I'm out here not

**"It's down to a two-person race now, so it's time to make that difference very clear. The voter will never be wrong."**

INCUMBENT LARRY O'BRIEN

taking anything for granted. I'm earning every vote, one person at a time."

O'Brien said his campaign conducted its own blind poll where the numbers were not as nega-

tive. "Thirty-three per cent of pollers are still undecided," he said.

He's also busy, he said, "chasing as many hands as we can. We're putting full pedal to the metal for the last four or five days."

O'Brien's campaign will continue to outline the difference between his policies and Watson's, he said.

Doucet said he doesn't believe the polls.

"I believe the people I talk to on the street," he said.

The poll was done by Leger Marketing and released by Sun Media.

## Debate non-military involvement: Group

Canada's non-military future in Afghanistan needs to be the subject of a much "richer" debate that ought to be taken up by Parliament, says a leading aid agency.

That suggestion by CARE Canada yesterday echoed recent demands by federal opposition parties for a more robust debate in Parliament on what Canada will specifically do in Afghanistan once Canadian Forces personnel withdraw from combat next summer.

It came as CARE released a report yesterday that urged the Harper government to focus on the fight for the rights of Afghan women after it pulls Canadian troops out of the country next year.

"We feel that the discussion could be much richer," CARE executive



► Jennifer Rowell, policy and advocacy co-ordinator for CARE in Afghanistan.

director Kevin McCort said yesterday.

McCort said he wasn't being critical of the government. But Conservatives have so far brushed aside Opposition requests for a full Parliamentary debate on the future of the mission.

THE CANADIAN PRESS

### Allies

Allies such as the United States and Britain would like to see Canada leave at least a few hundred troops behind to assist NATO in its training of Afghan security forces.

► CARE McCort noted that CARE has always received a positive welcome from the Conservative government when discussing the way forward in Afghanistan. But as the report's author made clear, the future of the mission needs to be in the public domain.

► Women CARE says placing women's rights at the centre of Canada's post-2011 development strategy would fit nicely with the Harper government's child and maternal health initiative.

### Theatre. Shakespeare



► Adrian Morningstar, right, as Prince, and Alexandra Ordolis as Prince's Train rehearse a scene from Romeo & Juliet at the NAC.

TRACEY TONG/METRO OTTAWA

## Star-crossed lovers come to town

National Arts Centre English Theatre presents William Shakespeare's Romeo & Juliet at the National Arts Centre through Nov. 6. The play, about a pair of young lovers caught in the middle of civil strife, features the NAC English Theatre Company and the 50th anniversary English Theatre Graduating Class of the National Theatre School.

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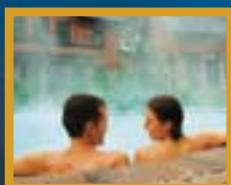
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## ILLNESS

## Health officials urge new flu shot

Health professionals are urging Ottawa residents to get the flu shot now that the vaccine is available at doctors' offices, community health centres, and clinics throughout the city.

"The flu vaccine is safe, free and the most effective way to protect yourself and your loved ones from the flu," said Dr. Nadine Sicard, Ottawa's Associate Medical Officer of Health.

The vaccine is recommended for everyone in Ontario who is over six months old.

This year's Canadian flu vaccines will cover the 2009 H1N1 strain, a new H3N2 strain and, an influenza B component, which was included in last year's vaccine.

• JOE LOFARO

## Cuts start with parks: Maguire

Mayoral candidate Mike Maguire would make significant cuts to city staff and program spending to provide tax relief, starting with parks, recreation and cultural services.

"There are literally hundreds of millions of dollars that can be saved by exploring alternate service delivery and by reducing the size of city staff," he said.

Maguire said shrinking the \$143-million budget for parks, recreation and culture to \$100 million,

**\$20M** A further \$20 million in savings, and a two per cent tax reduction, could be realized from cuts to parks, buildings and grounds, Maguire said, reducing its staff of 813 to 200.

privatizing operations and chopping staff from 1,100 full-time equivalents to 400 would save a total of \$103 million annually.

• STEVE COLLINS

## Man hit by car, head lacerated

A 40-year-old man suffered serious head injuries, including a concussion and a laceration after being struck by a car on Bank Street near Sunnyside Drive yesterday morning.

• TRACEY TONG

## Autopsy results to come

Investigators are awaiting the results of an autopsy after a 71-year-old cyclist died late last week after being struck by a vehicle last month on Hawthorne Road. Wendel Carkner died in hospital Saturday.

• TRACEY TONG

# Reno can't exorcise spooky spirits

PHOTO COURTESY JIM DEAN, HAUNTED WALKS INC.



► The haunted tour of the Canadian Museum of Nature runs every Thursday in October and is open to all ages. Other tours in the city include the Haunted Walk of Ottawa and the Ghost and the Gallows, which are recommended for ages 12 and up.

### ► Museum to hold screenings of Stephen King's The Shining in HD

 **JOE LOFARO**  
OTTAWA@METRONEWS.CA

The Canadian Museum of Nature may have been recently renovated, but the ghosts have remained inside the walls of the 98-year-old building.

The Haunted Walk tours at the museum made their debut in May and will be held every Thursday this Halloween season. From strange voices to foggy figures appearing on staircases, the night crew have seen and heard their share of paranormal activity during their shifts.

What's unique about the 60-minute tour at the Museum of Nature is that half the tour is devoted to showcasing the \$216-million renovations and collection of creepy critters, while the other half of the tour tells frightening stories that send chills down your spine.

Laura Beauchamp is a

"We've heard stories of an image of a young girl in the lantern mezzanine area. This is a brand new area in the building, so I'm wondering where this girl came from."

Laura Beauchamp,  
TOUR GUIDE AT THE CANADIAN  
MUSEUM OF NATURE

tour guide at the museum and she said some staff members refuse to walk in parts of the building and refuse to be there during certain hours.

A few years ago on Halloween night, Beauchamp had her own paranormal experience when her cloak was pulled off by what she described as "an unseen force."

One tenant, who withheld his name, said he had heard two shots. While he has sometimes seen police called to a neighbouring building, he said, "This building here is safe."

Anyone with information is asked to contact the Ottawa Police Guns and Gang Unit at 613-236-1222 ext. 5050. • STEVE COLLINS



► A man was shot multiple times in front of 2201 Riverside Dr.

## Suspects sought in shooting

Ottawa police are seeking two suspects after a 27-year-old man was shot in front of a high-rise apartment building Tuesday night.

The victim was sitting in his vehicle outside 2201 Riverside Dr. at about 10:30 p.m. when he was shot repeatedly in the lower extremities, police said. His injuries were not life-

threatening and he has been released from hospital.

Investigators are seeking two male suspects of middle-eastern descent. Both were wearing white or light-coloured hoodies and dark pants, and were last seen leaving the scene in a silver or gold SUV heading west on Riverside Drive.

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# Ex-broadcaster named SFU chancellor

Politician, broadcaster and business leader Carole Taylor is taking on another high profile role.

B.C.'s former finance minister has been named as the next chancellor of Burnaby-based Simon Fraser University.

Taylor, who's in her mid-60s, begins her three-year term in June.

She says her goal as chancellor is to work with faculty, students and staff to determine the kind of Canada they want and where SFU fits in that picture.

Taylor's political credits include two terms as a Vancouver city councillor



THE CANADIAN PRESS FILE PHOTO

in the late 80s and three years as a Vancouver Liberal MLA between May 2005 and December 2008, including two years as finance minister.

THE CANADIAN PRESS

## COURTS

## Guilty decision for rapist father

A New Jersey man whose apocalyptic visions allegedly led him to rape his five daughters and

terrorize his family for years was found guilty yesterday of sexually assaulting a daughter who testified that she bore him a child. The jury deliberated for less than three hours over two days before finding the man guilty on all of the eight counts in the first of five separate trials — one for each daughter he is accused of victimizing. THE ASSOCIATED PRESS

## 14 busted on tax evasion rap

Fourteen people were arrested in Quebec for tax evasion as part of a crackdown on false billing in the construction industry. Provincial police carried out warrants in a dozen homes and businesses.

THE CANADIAN PRESS

## Hefty fine for Ont. woman

A woman from eastern Ontario has been fined \$25,000 after pleading guilty to drug charges in Trinidad and Tobago. Shannon Frater was also ordered to serve 12 months in jail if she fails to pay. THE CANADIAN PRESS



► Toronto police examine a BMW where a double shooting took place in a parking lot at the intersection of Crawford Street and Bloor Street West in Toronto just before 1 p.m.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

## Gunplay in T.O.

Police say two people have been shot and a gunman is on the loose in a west-end Toronto neighbourhood.

# Mother unaware of pregnancy: Police

► Newborn baby found alive in garbage bag in dumpster, authorities say

Police say the mother of a newborn boy found alive in the garbage dumpster at a housing complex says she didn't know she was pregnant until after she gave birth.

The baby was allegedly found in a garbage bag by people who heard it crying Tuesday. The child appeared to have been born within hours of being abandoned and was stable in hospital yesterday.

The mother was found and taken to a Calgary hospital about an hour after her newborn was discovered. A psychological assessment was to be performed on her and po-

lice said charges were pending.

"There are so many

places that you could leave the baby or contact to get help immediately," said Staff Sgt. Leah Barber. "Obviously EMS being the biggest one, but the fire department, the police department, churches, neighbours. There are so many people out there that would be willing to help."

Child abandonment, failing to provide the necessities of life and attempted murder are among the charges being considered, Barber said.

The father was also lo-

cated by investigators. Barber said he told police he didn't know the woman was pregnant either.

James Patton was one of the people who found the baby and wrapped it up to keep it warm. "This fellow over there was in the garbage can," Patton told the media. "He tore a garbage bag open and he found the baby. I tore my shirt off right away and he ran down to his truck to get some blankets."

A program called Angel's Cradle in Vancouver allows a parent to place an unwanted infant in a crib at St. Paul's hospital. Thirty seconds later, an alarm

## Health

Internet health sites are peppered with stories of women who missed subtle signs that they were expecting a child. The television channel TLC broadcasts a show called I Didn't Know I Was Pregnant.

sounds, giving the parent enough time to leave, but letting hospital staff quickly tend to the infant.

THE CANADIAN PRESS

## CLEAR VISION...

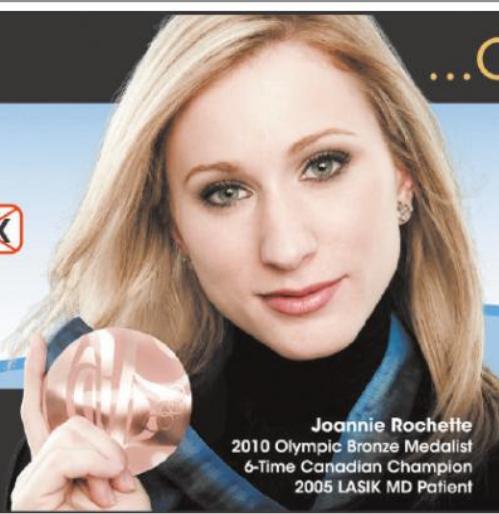
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# Court nixes baby murder rap

► Convictions thrown out for two women — one who pleaded guilty to manslaughter, the other infanticide ► Only one woman was in court

A judge has ordered new trials for two women who say they felt pressured into pleading guilty to killing their babies based on the work of now disgraced pathologist Dr. Charles Smith.

Ontario's highest court quashed both convictions yesterday and the Crown said it will withdraw charges once the new tri-

als begin, meaning both women would be effectively acquitted.

The names and home-towns of the women cannot be identified due to a publication ban, but they were referred to in court by their last initials of M and F.

Their lawyer James Lockyer described his clients — who were 18 and

21 at the time — as frightened young women who didn't know they were pregnant when they gave birth in the bathrooms of their homes. The babies either were stillborn or died a few minutes after birth.

Lockyer argued the women felt they had no choice but to plead guilty due to Smith's stellar reputation at the time as a pedi-

atric forensic pathologist.

A judicial inquiry has since found the pathologist's work was responsible, in part, for several people being wrongfully convicted of killing children and sent to prison.

Lockyer told court yesterday that the women's lawyers in the 1990s had trouble finding experts.

THE ASSOCIATED PRESS

## HOSPITAL

### Autopsies questioned by review

An Ontario coroner's inquiry reviewed 45 child autopsies in which Smith had concluded the cause of death was either homicide or criminally suspicious.

The coroner's review found that Smith made questionable conclusions of foul play in 20 of the cases — 13 of which had resulted in convictions.

THE ASSOCIATED PRESS

**Montreal.** Police demonstration



► Hundreds of off-duty Montreal police officers demonstrate against budget cuts yesterday in front of Montreal City Hall.

PAUL CHIASSON/THE CANADIAN PRESS

## Cops' union wants to put cuffs on cutbacks

In recent weeks the police union has published a number of ads in local newspapers denouncing what it calls the lack of resources at the Montreal police department. According to the police, brotherhood cutbacks have resulted in a backlog in investigations including a number of sexual assault cases and 1,400 fraud investigations.

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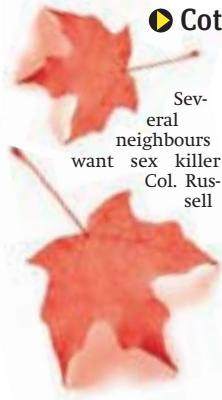


1677770437

# Tear down this horror house, neighbours say

► Russell Williams raped, tortured Jessica Lloyd there

► Cottage in Tweed 'is tainted, it's bad'



Several neighbours want sex killer Col. Russell

Williams' cottage in Tweed knocked to the ground — just as Paul Bernardo's house of horrors was in Port Dalhousie, Ont.

The Tweed cottage is where Jessica Lloyd, 27, spent her last moments alive being raped and tortured by Williams.

His next-door neighbour on Cosy Cove Lane, Monique Murdoch, is among those who think the cottage that Williams and his wife bought in 2004 should be razed.

The former commander of Canadian Forces Base Trenton broke into Murdoch's home three times.

Murdoch said: "The house is tainted, it's bad."

Williams has been convicted of two counts of first-degree murder in the killings of Lloyd, 27, and Cpl. Marie-France Comeau,

## Bernardo site

The rented two-storey pink clapboard house where Paul Bernardo and Karla Homolka raped, tortured and killed schoolgirls Leslie Mahaffy and Kristen French was bulldozed in December 1995.

37, and dozens of other charges, including sexual assaults.

It's not clear whether a \$2.45-million lawsuit filed by one of Williams' sex assault victims would affect any plans to demolish the structure.

THE CANADIAN PRESS

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**Saturdays:** 9am to noon (5 Levels)

#### ENGLISH AS A SECOND LANGUAGE (5 LEVELS)

**January 10 to April 9, 2011**

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**November 15 to December 1, 2010**

Level 1 and 3 — 9 am to noon;

Level 2 and 4 — 12:30 pm to 3:30 pm

**January 10 to February 4, 2011**

Level 1 and 3 — 12:30 pm to 3:30 pm;

Level 2 and 4 — 9 am to noon

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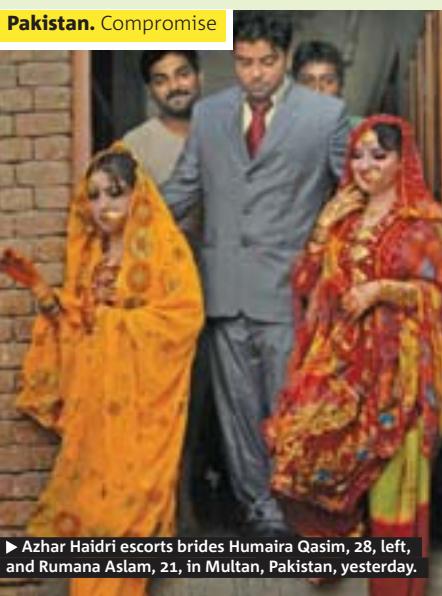
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► Azhar Haidri escorts brides Humaira Qasim, 28, left, and Rumana Aslam, 21, in Multan, Pakistan, yesterday.

KHALID TANVEER/THE ASSOCIATED PRESS

## Two brides, one groom

Pakistani herbal medicine practitioner Azhar Haidri, 23, has married two women in 24 hours, gaining worldwide attention for his novel solution to a dilemma over wedding the woman he loves or going ahead with the marriage his family arranged. Both women think the compromise is good and they plan to live as sisters and friends.

## Facebook gives your ex the brushoff

Lovelorn Facebook users have won the sympathy of the site's administrators and will no longer have to confront an unwanted photo of an ex. A Facebook



can flash pictures of friends on a user's profile. Product manager Sam Odio says ex-friends won't be shown.

THE CANADIAN PRESS

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# U.S. to sell weapons to Saudis

- ▶ Plans to sell \$60B in advanced weaponry to counter Iran

The Obama administration notified Congress yesterday that it plans to sell up to \$60 billion in advanced weaponry to Saudi Arabia in one of the largest-ever single U.S. arms sales, a deal intended to counter the rising influence of Iran.

The sale, first revealed in September, is designed to strengthen the defence forces of Saudi Arabia, a longtime U.S. ally, and counter Iran as a regional power in the Persian Gulf.

"This proposed sale has tremendous significance from a strategic regional

perspective," said the assistant secretary of state for political and military affairs who announced the deal.

## Significant threat

► Iran is seen by Israel, the Gulf Arab states and the West as an unpredictable threat that has changed the old calculus of the region's balance of power. The U.S. is realigning its defence policies in the Persian Gulf.

# Celebrity status for spy

Anna Chapman, the 28-year-old Russian agent, was honoured by President Dmitry Medvedev with the country's highest state honour Monday. Chapman was one of the Russian sleeper agents deported from the United States as part of the biggest spy swap since the Cold War.

## **Humour used as hoist in rescue**

Minutes after a team of rescuers hoisted 33 miners to safety, President Sebastian Pinera hugged the men and gave them a thanks very much a la Chilena — one with a punchline.

Pinera told the rescuers in Spanish that he wanted them to be the ones "who rescue us all on Judgment

Day”

The rescuers, who had pulled off a harrowing, first-of-a-kind operation to pluck the miners from a depth of 500 metres, cracked up.

The saga of the trapped miners was no different.

THE ASSOCIATED  
PRESS

## **20-year-old takes police chief job in drug town**

that  
was a  
string

of  
quiet  
farming commu-  
nities until two  
rival  
gangs

Juarez and Sinaloa drug cartels — began battling for control of its single highway. **THE ASSOCIATED PRESS**

There's a new police chief in this violent borderland where drug gangs have killed public officials and terrified many citizens into fleeing: a 20-year-old woman who hasn't yet finished her criminology degree.

Marisol Valles Garcia was sworn in yesterday to bring law and order to the township of about 8,500.

### REFERENCES

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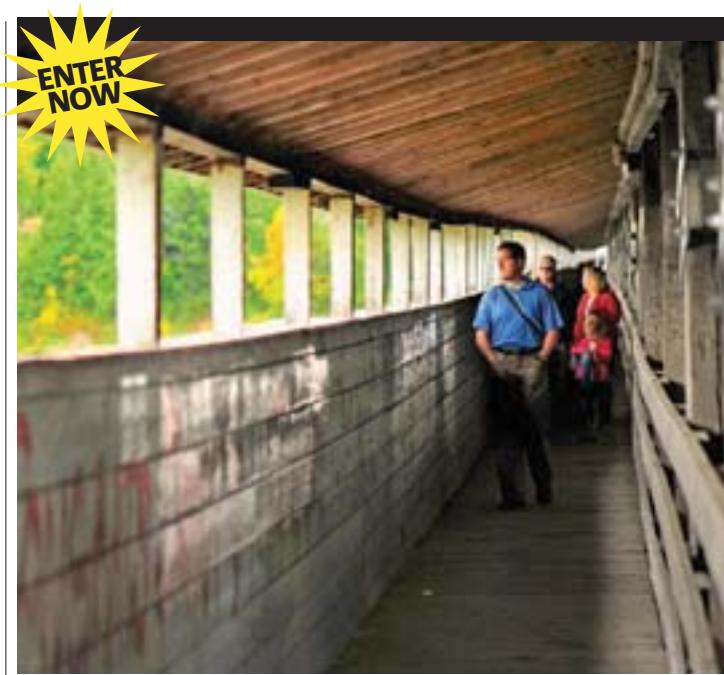
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## A walk to remember

Today's photo of the day is by Canadian Aso\_Pia and was submitted in the Everyday Travel category. The photo is titled Through. Enter your photos today and view more pictures at [metrophotchallenge.ca](http://metrophotchallenge.ca).



# No apology for 1991 accusation against judge

Explosive sexual harassment allegations that nearly derailed a Supreme Court nominee's confirmation 19 years ago returned to the

headlines

yesterday with the justice's wife calling his accuser to ask her for an apology.

Anita Hill's allegations against then-nominee Clarence Thomas in 1991 sparked a national debate about sexual harassment in the workplace. Thomas, who denied the allegations, was narrowly confirmed by the Senate. Hill was alternatively hailed for her bravery for stepping forward or vilified as a politically motivated liar.

Thomas' wife, Virginia, had left a voice mail message on Hill's phone on Oct. 9 asking her to say she was sorry for the allega-

tions that surfaced at



► Anita Hill, in this 1991 file photo.

Thomas' confirmation hearings for a seat on the top court bench.

"I have no intention of apologizing because I testified truthfully about my experience and I stand by that testimony," Hill, now a Brandeis University professor, said in a statement released Tuesday night.

In her statement, Hill said, "I certainly thought the call was inappropriate." She had worked for Clarence Thomas in two federal government jobs prior to the time he was selected for the court by

then president George H.W. Bush for the Supreme Court.

During his Senate confirmation hearings, Clarence Thomas adamantly denied Hill's accusations that he made inappropriate sexual remarks, including references to pornographic movies.

THE ASSOCIATED PRESS

**Sears**

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► A bill passed in Spain yesterday will turn all bars and restaurants into no-smoking zones.

## Many think Iggy upset Canada's UN bid: Poll

Nearly a third of Canadians accepted the Conservative government's claim that Liberal Leader Michael Ignatieff cost the country a seat on the United Nations Security Council, a new poll suggests.

Some 31 per cent of respondents in The Canadian Press-Harris Decima survey said they thought "public criticism" by Ignatieff caused Canada to lose a three-country contest for two seats on the UN's most powerful body.

Canada suffered a historic loss to economically troubled Portugal in a bid for a temporary seat on the Security Council.

After six successful attempts, it was the first time since the UN's creation after the Second World War that Canada did not win a seat on the Security Council.

In the aftermath, Foreign Affairs Minister Lawrence Cannon and Prime Minister Stephen

Harper's chief spokesperson, Dimitri Soudas, blamed Ignatieff, who weeks earlier openly questioned whether Canada had "earned" a seat this time around.

Harper has distanced himself from that initial attack on Ignatieff.

Fifty per cent of those polled blamed "the government's recent record on international diplomacy" for the loss, but Ignatieff came in second.

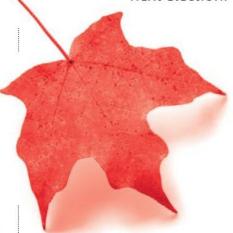
THE CANADIAN PRESS



► Michael Ignatieff

### And the future?

**1** Pollster William Murray said he doubts the results of the Canadian Press-Harris Decima poll or the UN failure will play any role to play in the next election.



**2** He says health care and the economy will play a larger role.

**3** The Oct. 14-17 phone survey of 1,000 people has a margin of error of plus or minus 3.1 percentage points, 19 times out of 20.

## No ifs, butts: Spain's tough

► Anti-smoking bill is stricter than many countries in Europe ► Hotels can keep 30% of rooms for smokers

and restaurants into no-smoking zones.

It's expected to become law on Jan. 2 — ending Spain's dubious distinction of being one of the easiest places in Europe to puff.

The law will also prohibit smoking in outdoor places such as playgrounds and the grounds

of schools and hospitals.

Non-smoker Miguel Gonzalez welcomed the law, saying he'll be able to breathe cleanly when he goes out for a beer.

"Given the time I have spent in this bar, I think I'm more of a smoker than a real smoker," he said.

THE ASSOCIATED PRESS

Spain set the stage yesterday for a tough new anti-smoking law.

A bill passed by a parliamentary commission will transform all bars

## How do you know if your contractor is legitimate?

**CBC Ottawa Investigates** - A local man built his reputation on a foundation of lies. What it cost his clients and what you need to know to protect yourself.

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DARRYL DYCK/THE CANADIAN PRESS



► Pop superstar Justin Bieber performs in Vancouver Tuesday night.

# Bieber flap draws ire

CFNY's Dean Blundell's words 'sexualized children,' according to Canadian Broadcast Standards Council

Toronto radio station CFNY has been reprimanded by the Canadian Broadcast Standards Council after a host made comments about Justin Bieber fans that the council concluded "inappropriately sexualized children."

In a decision released yesterday, the council said the comments violated part of its "equitable portrayal code," which prohibits the sexualization of children in broadcasting.

The council said CFNY morning host Dean Blundell tweeted about his dislike for pop superstar Bieber last October and suggested in vulgar terms that the singer was likely gay. He subsequently received

tweets from Bieber's fans, noting on air on Oct. 20, 2009, that they were likely 12 years old, the council said. During that show, Blundell and his co-hosts then repeated select tweets.

THE CANADIAN PRESS

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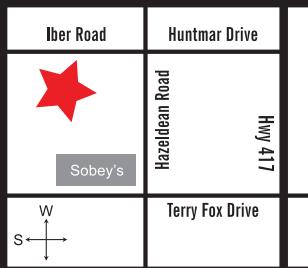
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## Teen bus hostage in recovery: Doctors

The sole surviving child of a Canadian woman who lost her husband and two daughters in a Philippine bus hijacking is recovering in hospital and has been released from intensive care, his doctors said yesterday.

After waking from a nearly two-month coma, Jason Leung identified his mother, and has since been trying to perform

simple tasks like reading, watching television and surfing the Internet, according to the South China Morning Post.

A disgruntled former police officer commanded a bus carrying Hong Kong tourists, including the Leung family, in the Philippine capital, Manila, on Aug. 23.

Millions around the world watched on live TV as police commandos exchanged fire with hostage-taker Rolando Mendoza after daylong negotiations broke down.

Eight Hong Kongers died before Mendoza was killed by a sniper.

TORSTAR NEWS SERVICE

## B.C. valley preps for more torrents

Flood-weary residents of the Bella Coola Valley on B.C.'s Central Coast are enduring another deluge as torrential rains pound the region. Flood warnings were extended to the Bella

**200** The Bella Coola Valley is still recovering after floods caused by more than 200 millimetres of rain forced hundreds of people from their homes last month and severed the only highway into the community in at least four places.

Coola River late Tuesday afternoon.

THE CANADIAN PRESS

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► Apple CEO Steve Jobs talks about the Apple new iLife at Apple headquarters in Cupertino, Calif., yesterday.

TONY AVELAR/THE ASSOCIATED PRESS

## How do you like them apples?

Apple CEO Steve Jobs unveiled the new MacBook Air ultralight laptops and offered a few glimpses of Apple's new Mac operating system software at Apple headquarters, yesterday. Apple also announced a new version of its operating system, called Mac OS X Lion, that will include a store for Mac software. It's similar to the iTunes store that sells apps for iPhone, iPod Touch and iPad.

# Economy lags U.S. in Q3 growth

- Canadian economy had worst quarter since recession
- But head of Canada's Central bank is not worried

The Canadian economy likely suffered the worst quarter since the recession during the summer months and still faces risks ranging from a global currency war to a collapse in the housing market, the Bank of Canada said yesterday.

The bank's latest quarterly outlook estimates the Canadian economy advanced at a snail's pace — 1.6 per cent — during the third quarter, following gains of two per cent in the second quarter and 5.8 per cent in the first quarter.

That's even slower than the troubled United States, which likely advanced by 2.3 per cent in the July-September months.

But the head of Canada's central bank said he's not overly concerned about slow summer growth or comparisons with the United States which he said is in far weaker shape and has farther to go to return to pre-recession levels.

"I wouldn't obsess about the third quarter," Bank of Canada governor Mark Carney told reporters in a briefing.

Canada's employment has returned to pre-recession levels, while the United States still has 20 per



► Mark Carney  
SEAN KILPATRICK/THE CANADIAN PRESS



He added that domestic de-

**147%** The bank sees dangerous distortions building in the Canadian economy, as a result of a strong housing market that has contributed to the highest domestic debt burdens in history. The ratio of debt to disposable income among households has reached 147 per cent.

mand in Canada has risen faster than in the U.S. and that's expected to continue through the entire forecast period.

"Our biggest challenge is on the net export side and — surprise, surprise — part of the that is because of the persistent weakness in the United States and the slowness of the recovery in the United States."

THE CANADIAN PRESS

### Market moment

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# PARENTS CAN BE FACEBOOK FRIENDS

**He says ...**

**JOHN MAZEROLLE**



I'm in a relationship with my parents and it's complicated.

**T**here comes a time in the lives of all children when they must deal with a delicate question about their parents: Confirm, or ignore? My parents sat in Facebook limbo for years, the two-headed profile "MargieBob" stuck on my page like the bad guys from Superman II trapped in the 2-D prison.

But recently I decided that my real-life friendship with my parents must be worth a virtual friendship.

I decided that when people look back on their lives, they regret what they didn't do, not

what they've done.

And I decided that I needed a column topic.

So I accepted their request and Facebook announced to the world that, after 34 years, I am now friends with my parents.

So far, so good. They haven't done anything embarrassing yet, like posting naked baby pictures of me on my wall, or showing up in Yoville trying to be cool.

I did have to label one video NSMP (Not Safe For My Parents), but that's it so far.

In reality, my parents were never what was holding me back. I was embarrassed about my "friends."

It's a familiar story for me. When I was in my early teens, my dad once asked if I wanted to play tennis with him. I said yes, but then I saw my "friends" were at the court. Their idea of a good time was getting the best loogie built up by smoking cigarettes and eating Oreos.

I was in the suburbs of a small city. Friendship was geography.

So I told my dad I didn't want to play because my friends were there and — children don't forget this stuff — Dad got choked up.

Now, 20 years later, geography is no boundary to friendship. Nor, as any computer user knows, does actual friendship bear any

relation to Facebook friendship.

But to hell with it. Family members, friends, fools, and frenemies, they're all "friends" now. Those Seinfeld episodes where Jerry or George worry about "the two worlds" colliding seem hopelessly out of date. We're all in the same world now.

I'm happy to have Mom and Dad in that group.

Amidst all the self-promotion, self-flagellation, and self-love in the status updates, my parents are the rarest of Facebook users: They're happy.

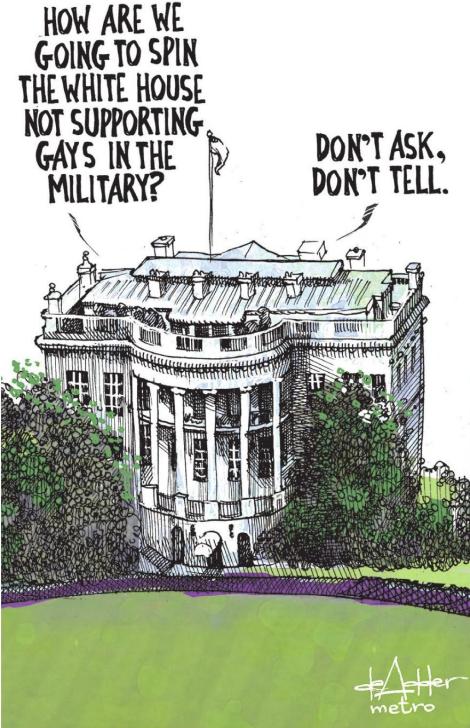
"Ain't life grand!" was a recent update. In future, MargieBob, I'd appreciate an NSFC (Not Safe For Cynics). Thanks.



Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)

## Cartoon

MICHAEL DE ADDER



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THE WHITE HOUSE  
NOT SUPPORTING  
GAYS IN THE  
MILITARY?

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# Cold nixes fashion sense

## Letters & Tweets

We asked: How early is too early for a toque?

**TORONTO.** There's no such thing as "too early." If you're cold, worry less about being seasonally appropriate and just put one on. If people would accept this simple solution, we'd have less unpleasant scenes like the one I overheard in a gas station the other day, with an older man in a lightweight windbreaker screaming at an overworked cashier who was operating two registers and dealing with multiple customers for not ringing up his gas fast enough because it was cold outside.

## Raise your toque



To Angry Windbreaker Man: A toque would cost you less money than you spent on gas and unlike your car would probably make you a bit less loathsome.

**KATHY BIBSON**

@kelstabulous it is never too early for a toque.

@deadlytoque I had frostbite on my ears 12

years ago, & they never recovered.

I wear a toque whenever the temp goes under 10, or they hurt.

**TORONTO** There's no such thing as too early for a toque, in my opinion. They're cute and stylish, especially those well-designed ones. Fall, winter, spring. Why not?

**JHOBELL KRISTYL**

## Do cities really need a mayor?

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Metro has the right to edit letters and submissions.

## Metro Minute at a photo exhibit

Today is the last day to check out a photo exhibit celebrating the 40th anniversary of Canada-China Diplomatic Relations at Ottawa's city hall on Laurier Avenue.

The exhibit by the Embassy of the People's Republic of China, which began last weekend, offers photos of many important moments that have greatly

influenced the history of the relationship between the two countries.

Photographs include ones from the Shanghai World Expo, the Royal Ontario Museum, dancers in front of Parliament Hill and the 2008 Olympic Games in Beijing.

The exhibit is open all day and admission is free.

● **TRACEY TONG**



► A photo exhibit celebrating Canada-China Diplomatic Relations closes after today.

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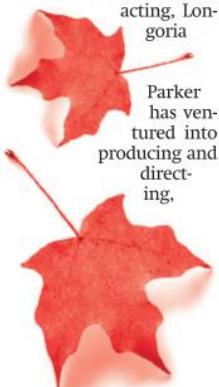
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# Longoria's perfume about confidence

 **HEATHER BUCHAN**  
SCENE@METRONEWS.CA

She shot to stardom six years ago when the hit TV show *Desperate Housewives* — in which she plays the hilariously vain and materialistic Gabrielle Solis — first premiered, and Eva Longoria Parker hasn't looked back since.

Aside from acting, Longoria



Parker has ventured into producing and directing,

serves as the international spokesperson for L'Oréal Paris and is actively involved in numerous charities.

Her most recent endeavor, a year in the making, is the creation of her signature fragrance *Eva* by Eva Longoria.

While in Toronto recently to launch her eponymous perfume, the 35-year-old beauty sat down with Metro to chat about how the scent came about, what the future holds for her and the

importance of giving back.

**Why did you create this fragrance?**

I was always allergic to perfume and could never wear it.

I always felt they were too overpowering and I just wanted something that was easy to wear — something light and fresh and clean.

I wanted to create a scent for myself. Then I found out that a lot of women felt that way.

**What do you hope to offer women with your perfume?**

I hope that they wear it and they feel sexy and confident. I find if you smell good, you carry yourself in a different way. Scent is an intense emotional connection.

**What do you find most gratifying about your role on *Desperate Housewives*?**

I love that it was a groundbreaking show with four female leads — three over 40 — dealing with universal themes of the modern woman: Marriage, divorce, dating, children.

**You are involved in a lot of charities. Was being charitably active something that was instilled in you by your parents?**

Yes, I have a special needs sister. That's why I created Eva's Heroes (in San Antonio, Texas). Early on I was introduced to volunteerism from my mom and aunts.

That was a big thing in my family, to always give back.



► Eva Longoria Parker poses in The Perfume Shop to promote the UK launch of her new fragrance *Eva* held at Westfield on September 5, 2010 in London, England.



**News in brief**



Actor David Arquette is lending his quirky star power to the campaign against a November ballot measure that would suspend California's greenhouse gas emissions law.

Arquette appeared in Sacramento on Tuesday to promote a series of online videos opposing Proposition 23. Oil companies have donated the bulk of the money to support Prop 23.

THE ASSOCIATED PRESS



Mrs. Brady bucks the ballroom: Reluctant Florence Henderson leaves *Dancing With the Stars*

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**TONIGHT @ 6:30 PM: BY NIGHTFALL WITH MICHAEL CUNNINGHAM** Southminster United Church, 15 Aylmer Ave  
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## Album reviews

## Bland rock falls short

## Kings of Leon

Album: Come Around

Sundown

Label: RCA/Sony Music

●½

No matter how hard I've tried, I've never been able to figure out why people get so excited about the Kings of Leon. The band hasn't released one interesting record in their seven-year career (cue the hate mail); their albums have always felt half-cocked and their airy "atmospherics" make them more of America's Coldplay than the more interesting indie rock bands they've been compared to. Despite that, I had hoped this record would prove me wrong, that there was something about the album worth shelling out \$15 bucks for. I was wrong. Come

Around Sundown is,



without a doubt, their worst record. First of all it's incredibly boring. The entire record features sluggish, overwrought tunes that are slow and

vacuous enough to put any insomniac to sleep. It's almost pointless to scrutinize one song since they're all as frustratingly bland as the next. The band are obviously trying to recreate the success they had with their huge hit Use Somebody, and if that was their goal they succeeded with flying colours — these songs are just as sleepy and vapid as that track was.

**Outstanding track:** Radioactive

● BRYAN BORZYKOWSKI



A classic ●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

## Elton John and Leon Russell

Album: The Union

Label: Universal

●●

Elton John and Leon Russell are kindred spirits when it comes to songwriting and piano playing. Unfortunately, their voices are worlds apart. There's that sweet, spirited tenor of Sir Elton



and then there's the cranky old wine of Russell. It was a lovely idea for Sir Elton to reach out to his 68-year-old mentor, but not necessarily good one. Russell fans will enjoy the rootsy stuff he sings here. And John fans will like his pop offerings. Neither will like the duets. **Outstanding track:** Hey Ahab ● GRAHAM ROCKINGHAM

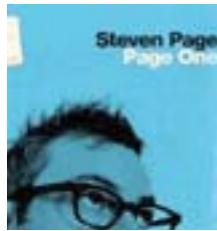
## Steven Page

Album: Page One

Label: Universal

●●●

Steven Page's solo pop debut will inevitably be compared to All in Good Time, the Barenaked Ladies first CD without him. Neither CD has produced memorable works, proving that the sum is greater



than its individual parts. The BNL CD suffered from not enough Page and Page One suffers from too much. Page One is filled with catchy light pop. Luckily, Page manages to keep his sense of humour on tracks like Entourage and All the Young Monogomists. **Outstanding track:** Indecision ● GRAHAM ROCKINGHAM

● CAM LINDSAY



## Jim Bryson and The Weakerthans

Album: The Falcon Lake Incident

Label: MapleMusic

●●●●

The Weakerthans might be the main draw in this collaboration, but it's Jim Bryson who steals the show on The Falcon Lake

Incident. A touring member of the band, the Ottawa's sardonic and sweet folk songs feel at home in the hands of the Winnipeggers. The two parties have undeniable chemistry.

**Outstanding track:** Freeways In The Frontyard

JEFF CHRISTENSEN/THE ASSOCIATED PRESS



► Adam Levine

## Maroon 5's Levine aims for raw emotions

Two pictures were on the walls of the Switzerland studio where Maroon 5 recorded their latest album. One was of Marvin Gaye and the other of Tupac Shakur.

Frontman Adam Levine knows the resulting CD, Hands All Over, will never be mistaken for a Tupac record or music by Gaye.

But both men still provided plenty of musical inspiration for the album.

"Those were two people that did whatever they wanted to do, and artistically, just kind of followed whatever path they wanted to follow," he said.

**Talk about the songwriting behind the album.**

If I was upset about something I would turn it into a love song. It would always be a love song that was the model for how I was feeling. So it was just feelings, things I was going through. (There were) lot of things in Switzerland I was going through. I wrote a lot of lyrics. It was just 24 hours of creativity 'cause it was a

really serene place. Just honesty. (That's) the main focus on all of the records, but especially on this one was really raw, kind of truthful, human emotion.

**Is there ever a subject you don't want to write about in a song?**

It's never really been a business thing for me. It's hard.

... I heard some famous story about somebody who'd go in every day and just write something to write something, and I'd love to get to that point in my career, in my life — just that kind of prolific songwriting. But I just don't. It has to be something that I'm going through.

THE ASSOCIATED PRESS

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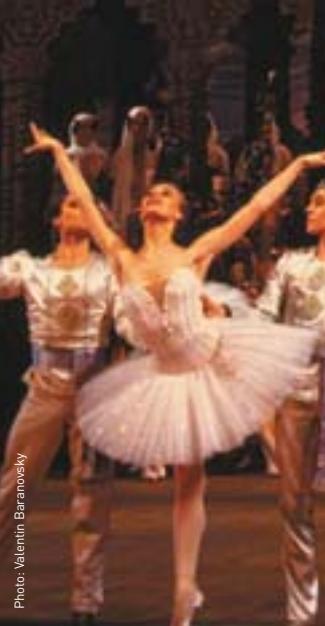


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► Paul "Pauly D" Del Vecchio would love a Jersey Shore season four set in Italy

# Jersey take 4?

- Cast of Jersey Shore say they're game for a fourth season
- In the meantime, they're taking full advantage of their fame

Mix up another batch of Ron Ron Juice.

The tanned misfits of Jersey Shore are down for a potential fourth season of their popular MTV reality series, which documents their hard-partying, slap-tastic lifestyle while living under one roof.

Paul "Pauly D" Del Vecchio and his castmates said last month that they haven't signed up for another installment but would be juiced for more T-Shirt Time.

"There's been talk about doing another season," said Del Vecchio. "If it happens, I'd love to do it."

Del Vecchio's dream edition? Transplanting the mostly Italian-American cast to Italy. Jenni "J-Woww" Farley, Sammi "Sweetheart" Giancola and Ronnie Ortiz-Magro,

then I'll go do Dancing with the Stars."

Before the cast could return to The Motherland or the ballroom, their Miami-set sophomore edition, which has continued to dominate in the ratings, will end today with an episode featuring the gang road-tripping to Florida's Everglades for an encounter with, as Nicole "Snooki" Polizzi calls them, "crocodillies." Then, they'll be reunited on an Oct. 28 episode.

Polizzi and Del Vecchio are rumoured to be filming their own MTV spin-offs, but the network declined to confirm any new commitments to programming related to Jersey Shore.

The cast's much-ballyhooed return to the boardwalk last July in Seaside Heights, N.J., will set the stage for the upcoming third season, likely to be

gin airing early next year.

"It's the same



deal," Vinny Guadagnino. "It's the Jersey

Shore you know

and love. We never fail to entertain. We have a new roommate, and we stay true to who we are. Seaside Heights is not a complicated place."

THE ASSOCIATED PRESS

## Milking it

The cast of Jersey Shore have been working hard to extend their 15 minutes of just-add bronzer fame.

- Mike "The Situation" Sorrentino tangoed on and off Dancing with the Stars
- Jenni "J-Woww" Farley brawled on an episode of TNA Wrestling's iMPACT!
- Paul "Pauly D" Del Vecchio and Nicole "Snooki" Polizzi are rumoured to be filming their own MTV spin-offs
- Ronnie Ortiz-Magro is currently appearing in Just Dance 2 commercials

the hulk known for concocting his blend of alcoholic juice, share the sentiment, though Ron Ron warned he's "only got two more left in me, and

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# Brody sues

## ► Pianist star seeking \$2 million from makers of thriller film, *Giallo* ► Request to halt release denied

Adrien Brody has sued the makers of a thriller film for more than \$2 million, claiming he hasn't been fully paid for the project and the movie is being released in the United States without his permission.

The Academy Award-winning actor sued the

makers of *Giallo* in federal court in Los Angeles on Thursday, but an emergency petition to stop the film's DVD release was denied.

Sales of the thriller set in Turin, Italy, began Tuesday, although an attorney for the filmmakers said the movie has been available for rent since early September. *Giallo* was shot in 2008.

A judge ruled Brody can still seek an injunction against the film's sale, but

must first notify the filmmakers.

Brody claims he is still owed \$640,000 for starring in the film and that its release is likely to cost him at least \$2 million in damages.

In a lawsuit and a sworn declaration, the actor said the film's producers lied to him about financing and vastly overstated how much the movie's Italian distribution rights were worth.

The filings said Brody's contract allows him to withhold his likeness from the film until he is paid, but the filmmakers have ignored Brody's demands.

"We respectfully dispute his allegations," said A. Raymond Hamrick III, an attorney for defendants Hannibal Pictures and U.K.-based *Giallo* Productions Ltd.

THE ASSOCIATED PRESS



► Adrien Brody

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# No wedding bells yet for Matt & Rihanna

► Superstar couple are happy together, but not looking to take that next step at the moment ► Singer says she is only 22 and not ready for marriage

Rihanna is definitely happy with baseball player boyfriend Matt Kemp, but that doesn't mean she's planning a trip down the aisle anytime soon.

"I'm only 22!" she tells OK! Magazine. "I've heard 'I'm only 22! I've heard the word marriage 400 times in the past few days, but no I'm not ready for that yet.'"

RIHANNA

the word marriage 400 times in the past few days, but no I'm not ready for that yet."

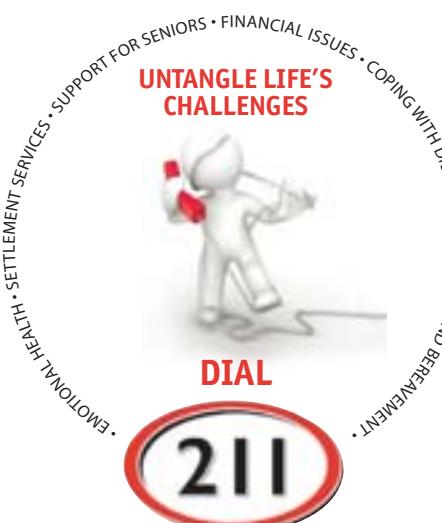
The lack of wedding plans isn't due to fear, though, she insists.

"If I was scared to do something wrong I wouldn't be where I am today," she says.

"To remember that every day I got a tattoo of the sentence 'Never a failure always a lesson' mirror-inverted under my collarbone. Now I can read that sentence every day in the mirror."

• METRO

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► Singer Rihanna and baseball player Matt Kemp aren't heading down the aisle anytime soon.

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► Joe Simpson, right, manages his daughter's career.

GETTY IMAGES

## Will Jessica fire her dad?

Jessica Simpson loves her dad, Joe Simpson, but she may be looking to let him go as her manager, according to People.

"Jess is really talented, it's clear that what's holding her career back is her father," a source says. "Joe is impossible to work with and makes terrible decisions that poor Jessica has to put up with. Now, both music and movie people

are telling her she needs to let him go."

But whether it's because of the family connection or Jessica's gentle nature, she reportedly can't bring herself to do the deed.

"Jess knows how much Joe loves being a manager," the source says. "His entire identity is about being her manager, plus he has made a lot of money from her at the same time." • METRO

### Celebrity tweets



**Conan O'Brien**  
[@ConanOBrien] The

worst part of riding in a blimp: No bathrooms. The best part: Windows that open.



**Heidi Montag**  
[@heidimontag] Today I am

going to get into college football



**Nick Cannon**  
[@NickCannon] A role

is something you play. Life is real. So no, I'm not a role model I'm a REAL model!



**Juliette Lewis**  
[@JulietteLewis] Welcome to Awesome town!

Population.. Us!

• METRO





1



2



3



4

# From Canada's Catwalk

From Blue Lagoon to a '70s vibe, intricate knitwear to flirty and feminine, LG Fashion Week unveils a runway mix that will soon be the standard across Canada.

## 1 PINK TARTAN

Pink Tartan put a groovy spin on its classic glamorous looks in a new spring-summer collection channelling retro-era sophistication and a '70s vibe.

The latest offerings from designer Kimberley Newport-Mimran evoked a laid-back glam, notably in the form of lush, fluid dresses. Caftan-style, one-shoulder striped creations fastened with a gold buckle rippled effortlessly as models walked down the runway, as did a succession of pocketed, free-flowing numbers, mostly

halter-style, with plunging necklines.

Wardrobe separates appeared comfortable and easy to wear. Floor-skimming, cigarette-slim flared pants reminiscent of bell-bottoms and strapless jumpsuits lent a contemporary touch to classic looks of the disco era, as did wide lapels framing slinky blouses and jackets.

## 2 ANGELA CHEN

With images of crashing waves projected onto a big screen, Angela Chen captured the dreaminess of the sand and surf with her island-inspired collection. Inspired by The Blue Lagoon and its then up-and-coming star, Brooke Shields, the designer revealed a series of ethereal, romantic separates under her retitled Or label.

There was playfulness

and delicacy in the collection, which featured mostly free-form, fluid pieces amid more body-hugging creations. Slender-cut keyhole-cutout tanks, pencil skirts and cigarette-slim pants with draped pockets transitioned effortlessly to more loose-fitting designs. Slinky short-all spaghetti-strap jumpsuits and strapless sweetheart or floor-skimming pocketed maxi dresses were among the looks.

## 3 LINE

Design duo John Muscat and Jennifer Wells served

up a sensual showcase of knitwear and slinky separates from their label Line.

Rather than the cozy cardigans and chunky vests often associated with knitted creations, Line's body-hugging tops are laden with sex appeal and typically contrasted with looser-fitting bottoms. The collection has a mostly neutral colour palette with infusions of burnt orange, dusty rose, peach, pale pink and olive hues.

## 4 LOVAS

For ladies looking for

the go-to new number to take them on the cocktail circuit or to a more casual shindig, flirty, feminine party frocks were in full force in the latest looks featured by Lovas.

The spring/summer collection from designer Wesley Badanjak boasted a wide range of stylish frocks steeped in rich hues, including fuchsia and lemon yellow alongside charcoal and silver.

Whether it was a strapless or spaghetti-style number, tiered mini or a one-shouldered, asymmetrical jersey creation, the collection offered a wide breadth of mostly body-conscious dresses.

Frocks with ruffled collars offered a playful contrast to more sophisticated offerings, like shimmering silver sequined creations accented by a sash.

**THE CANADIAN PRESS**



## Cougar boots



Cougar, the Canadian shoe company whose winter boots have been worn by countless Canucks, is back — with a new and fashionable twist.

The winter boot, which has kept Canadian feet warm since 1948, has a new line.

The Cougar collection features everything from classic, riding inspired rubber rain boots to a faux-fur trimmed lace-up puffer boot. Visit [cougarshoes.com](http://cougarshoes.com) to see the complete collection and for information on retailers. **METRO**



Girl power: Flirty, feminine, romantic looks rule runway during LG Fashion Week

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## Beauty pick

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patches, oily spots, breakouts, rosacea, the list goes on). This gentle, yet highly effective formula works to soothe irritated skin, re-

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# Celebrating 25 years of Hilfiger's styles



He's rocked and he's rolled — and Tommy Hilfiger has done it for more than 25 years.

Hilfiger is marking 25 years of his namesake brand this fall, celebrating with a splashy show during Fashion Week, tailgate parties and anniversary products, but his career is, in fact, longer than that: He's had a fashion gig since high school when he decided Elmira, N.Y., needed a denim store to keep up with the 1960s rock-star trends.

He opened People's Place catering to the local college crowd and everyone headed to Woodstock, and took out ads in the local newspaper boasting the best bell-bottoms and red fox jackets for "foxy"

ladies. He'd promote sales as "savings for swingers." "I wanted to build a business around all this pop culture," says Hilfiger, who ticks off music, movies, celebrity and art as the long-term common threads in his signature look that has evolved through phases of hippie, preppy, Americana and glitz influences. Moving with the times doesn't make him or his brand inconsistent, says Hilfiger. On the contrary, he explains, it gives his collection and its customers an interesting, vibrant lifestyle that adopts more than just one esthetic.

THE ASSOCIATED PRESS



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# Striking a balance between work, home

## ► Make your home office an efficient and attractive work space

Whether it's a dedicated room to run a full-time business or simply a small

### DECOR MOMENT

KARL LOHNES  
HOME@METRONEWS.CA

desk in the corner of a bedroom to pay bills; almost everyone has some form of work space within their home these days. What's important is that the space works efficiently for your work needs and that it blends with your home's decor. Here's a few tips and ideas that will help you set up a work space that efficient, yet attractive:

**Space needed:** If you are a

writer or computer gaming wizard then perhaps a comfortable chair and a laptop located in an airy space will work best. If you are a life coach then a separate bedroom-turned-office may fit the bill.

**Its all in the timing:** If you do your best work late at night, then keep a home office set up away from your bedroom and liv-

ing room where you might be tempted to work in your bed or

curled up on the sofa with the television on. The dining room, stairwell landing or attic are great areas that are removed from the comfort areas and will help to keep you focused.

**Storage:** Will a two-drawer file cabinet help to keep your paper trail at bay or do you need shelving and cabinets for art supplies and samples? Consider using everyday home items to help keep your supplies hidden away; an ottoman

distracted or uncomfortable.

**► Consider using your dining room table as a conference table.**

**► Don't invite work clients into your kitchen, family room or bedrooms; they are not conducive to a professional environment and clients can become**

or bench seat with storage or the bottom storage of a china cabinet are great hiding spots. I once slip-covered a filing cabinet with beautiful fabric and added a glass top; it acted as an elegant night table in my

nobody ever knew.

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# Home safety checklist

From the kitchen to the garage, fall is the perfect time to conduct a household safety assessment. Here's an essential checklist to keep your family safe

Fall is a perfect time to examine your home for fire and other hazards, and conducting a safety assessment will ensure you're taking all of the necessary precautions. From kitchen to garage — and even the backyard. The Home Depot Canada shares its home safety checklist to help keep Canadian families safe:

**Set the alarm** — Every level of the home should have a smoke detector and they should be placed as close to the bedrooms as possi-

ble. When installing a smoke detector, consider one operated by a lithium battery, as these batteries last up to 10 years. Test your alarms once a year and replace the batteries when needed.

**Prevent invisible threats** — Install a carbon monoxide detector on every floor and especially near bedrooms so you can be alerted if this gas is present. Look for the CSA 6.19-01 blue flame stamp to ensure they are certified to the latest technology. Like smoke detectors, carbon monoxide detectors need to be tested regularly. They should also be replaced every five to seven years.

**Reduce yard hazards** — More combustible trees such as pine and spruce should be kept at a distance from your home. By limiting evergreens and making sure these trees and shrubs are planted at least 10 metres from your home and 3-6 metres apart can prevent fire from spreading. Also keep wood-piles at a safe distance to reduce fuel for fires.

**Light it right** — Examine all light fixtures and make sure the light bulbs meet the recommended wattage requirements for your lamps and lighting fixtures. The wattage should

## more details

► For more information, visit [homedepot.ca](http://homedepot.ca)

be indicated on the light fixture or in the instruction manual.

## Be emergency prepared

— In case of small fires, a high-rated fire extinguisher is essential for every 600 feet of space in your home. There are three basic classes of fire extinguishers (A, B and C) that are effective at protecting against different types of fires, as well as multi-purpose extinguishers to protect against all three.

Know how to operate and maintain your fire extinguishers and install them within reach and in an upright position.

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► A fire extinguisher is essential for every 600 feet of space in your home.

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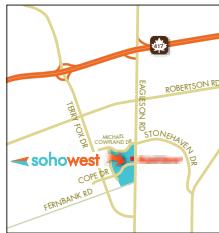
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# Check furnace before heating season

The old adage "if it isn't broken, don't fix it" does not apply when it comes to your household heating system.

Like a car, your furnace is a running machine that needs regular tune-ups to ensure its efficiency and longevity.

A clean, well-adjusted heating system will save you money on fuel and will prolong furnace life. The cost of annual servicing is modest, especially when compared with the price of a new furnace.

There is some maintenance that homeowners can undertake themselves, such as the cleaning and replacing of filters.

To ensure safe and efficient operation of a heating system, however, homeowners should have their furnace inspected and cleaned annually by a qualified service technician.

Homeowners searching for a qualified heating contractor in their area can access a user-friendly website, hrai.ca or call toll-free at 1-877-467-HRAI.

The website lists contractor members of the Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI), a national trade association.

Inspections performed by a licensed technician should include the following elements:

- A safety test for carbon monoxide (CO)
- Checking for hazardous debris in the chimney and flue
- Cleaning of air filters and re-installing
- Checking operation of thermostat and safety controls
- Checking gas pilot safety system and cleaning as required
- Cleaning the motor and fan
- Checking the blower operation
- Checking condition, tension and alignment of fan belt, and performing required adjustments (on older systems).

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► Fall is a good time to make sure your furnace is working properly.

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► Interior designer Martyn Lawrence-Bullard poses inside the Architectural Digest Green Room that he designed for the 61st Primetime Emmy Awards in Los Angeles.

# Live out your fantasy at home

► Celebrity designer Martyn Lawrence-Bullard says homes should be places you dream about living in

The first time Cheryl Tiegs and Martyn Lawrence-Bullard met, they sat on folding chairs inside the fixer-upper she'd just bought. It came with sticky aluminum doors, small louvred windows and worries that she might have to raze it.

That was 14 years ago. They gutted the house, raised the roof and, in 14 months, turned a five-bedroom teardown into a fantasy home — "a beautiful Balinese paradise with British Colonial touches," said Tiegs, 63.

The model's home was one of Lawrence-Bullard's first jobs as an interior designer and still ranks as one of his favourites. At 43, he travels the globe to work and shop, and to this day keeps Tiegs' tropical tastes in mind.

Lawrence-Bullard talks about friends instead of clients. He has spent the last three Christmases with Cher, toasted every New Year since 2005 with Elton John and vacationed in Paris with Ellen Pompeo. "I

love to travel with clients because we get inspired together," he said.

And they reciprocate. Tiegs threw Lawrence-Bullard's 40th birthday party.

On Oct. 18, Lawrence-Bullard receives the Andrew Martin Interior Designer of the Year award, an Oscar-scale honour for a decorator. In January, Architectural Digest magazine listed him as one of the world's top 100 designers.

People want to live out their fantasies, he said. "I am an enabler. What makes my job exciting is that I can help people live out their fantasies."

At her Malibu home, Cher wanted Ori-

almost like stage sets and become a further extension of her personality. Her extraordinary dress sense in everyday life is very rock 'n' roll sexy, she loves that leather and lace vibe," he said. On stage, he added, she incorporates all her fantasies, "from the gypsy look to the American Indian to her sleek '70s Halstony vibe."

Fantasy ideas accumulate over a lifetime, but some decorating decisions come quickly, Tiegs said. She and

Lawrence-Bullard were up in the attic when they decided it would take \$2,500 and one day to scoop out all the ceilings at the fixer-upper in the tony Bel Air section of Los Angeles. Now, the Great Room — "that's capital G and capital R" — with its 11-metre ceilings is home to a picnic table from Bali that can seat two or 24, a pool table, a cosy spot by the fireplace to sit and read, television space and room to exercise.

"I was afraid it would become like a gymnasium. But when I walked in I burst into tears I was so happy. It was so beautiful. It was so warm and so inviting," Tiegs said.

"Cher has fantastic tastes and ideas. Her interiors are

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One of the best ways to express your personality and add flair to your home is to incorporate a mix of patterns into the decor. Whether you like florals, stripes, geometrics, animal

prints, paisleys or textures — they too are patterns — a variety

of them can make

any room visually more interesting and comfortable to be in.

#### Colour

"One of the secrets to successful pattern mixing," says New York designer



► One of the best ways to express your personality and add flair to your home is to incorporate a mix of patterns into the decor.

John Chadwick, "is continuity in the colour palette. Having one shade in common and others that are similar is what ties them together."

A dining room he recent-

ly designed for a client has a large, meandering flower pattern on the walls and plaid curtains at the floor-to-ceiling windows. While completely different from each other, they work to-

gether because leafy green and red dominate both.

Chadwick completed the scheme with chair upholstery and a rug in a dusty gold that references the walls and curtains.

#### Grounding And Balance

Also important when using patterns is "grounding" them with large swaths of solid colour,

says Chadwick — "perhaps a rug, wall or sofa, so the eye has something to focus on."

Los Angeles-based designer Joe Nye tends toward sisal and seagrass floor coverings. "They unify things, and having a casual quality produce a pleasing juxtaposition with a lot of upholstered furniture," he says.

Sometimes he repeats patterns in two adjacent rooms for "a nice bit of harmony." And it's key, he says, to "distribute patterns evenly throughout a room so it doesn't appear lopsided."

#### How To Begin

Magazines are filled with ideas for composing decorative schemes, as is nature.

Another path, says Nye, is to study the vignettes at retailers like Crate & Barrel and Pottery Barn and see how they do it.

He advises starting small with patterns — lamps, pillows and knick-knacks are good choices.

"Once your eye becomes accustomed to these," he says, "you can continue layering."

Artwork is another form of pattern. Not to worry if you've inherited a houseful of traditional furniture and you collect abstracts, Nye says. "Putting them together is contradictory in a good way, and can look terrific," he says.

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► Chances are that the reds, golds and greens of October are beckoning you to grab your scarf and go exploring  
 ► Let Metro help you fall into the season with this essential guide to all things autumn and adventurous



# Get out and enjoy Fall's colours

**YLVIA  
VAN BUUREN**  
LIFE@METRONEWS.CA

Fall is an amazing time to be out and about in eastern Ontario!

While the province is famous around the world for its autumn canvas of orange, yellow, gold and scarlet (and for fall's fading exit, check the Fall Colour Progression Report from Ontario Parks at [parkreports.com/fall/](http://parkreports.com/fall/)),

don't let a lack of colour stop you either.

There are still lots of stunning vistas, places to visit as well as fun adventures whether you are taking a self-guided driving tour, stopping for lunch or shopping in quaint towns and villages, or enjoying the great outdoors beside a lake or on a hiking trail!

Algonquin Provincial Park is probably one of the province's most popular

destinations! Its vast interior is a picture postcard of maple and pine-clad hills, rocky ridges and interconnected water ways.

For a quick take, follow Highway 60 through the park ([algonquinpark.on.ca](http://algonquinpark.on.ca)).

The Haliburton Highlands are also nestled in the rugged landscape of the Canadian Shield.

By car, the scenery is glorious! On

foot, there are more than 160 kilometres of marked wilderness trails for all different levels. Visit [trailands.com](http://trailands.com) for more information.

The Ottawa Valley (stretching from Ottawa west to Algonquin Park) comprises lakes and beautiful woodlands

with lots of lovely towns and villages to visit along the way.

The historic Opeongo Line makes a wonderful fall drive as it climbs from the Ottawa River to the Madawaska Highlands.

Visit [ottawavalley.travel](http://ottawavalley.travel)

for great ideas.

Southern Ontario's largest forest, the Ganaraska Forest, comprises hundreds of kilometres of year-round trails for hiking, mountain biking, horseback riding — and plain old nature loving. Visit [grca.on.ca](http://grca.on.ca) or [northumberland-tourism.com/outdoor](http://northumberland-tourism.com/outdoor) for information.

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# Finding heaven on Highway 7

► Hike, horseback ride and take in some local heritage all along Ontario's coolest stretch of concrete

**ALEX NEWMAN**  
LIFE@METRONEWS.CA

Pat Mitchell remembers the day she headed east from Toronto with her sons for a country drive. Within half an hour, she discovered a beautiful conservation area, with trails and a lovely picnic area.

They had just set out lunch beside Duffins Creek when a Blue Heron suddenly flew out of the water.

"We'd never seen one before and it was awesome to see it in flight," Mitchell remembers.

Highway 7, between Ottawa and Toronto, provides lots of such offerings!

Close to Markham, for example, there's the quaint hamlet of Green River and the Seaton Trail, which meanders south beside West Duffins Creek.

The 12-kilometre trail doesn't take long to walk

and you'll be taking the same ancient hunting and fishing routes, which later became the site of pioneer gristmills.

The Pickering Museum Village offers the chance to see a complete village with pioneer general store, blacksmith, barn, church, bandstand, schoolhouse and homes.

Structures transported from sites around the GTA were fully restored and now host hands-on learning experiences. (Check out [picnet.org/pmv/](http://picnet.org/pmv/))

As you drive along Highway 7, take note of the rambling brick, frame and occasionally stone farmhouses dotting the countryside, mostly examples of mid-19th century Gothic Revival.

They can often be seen perched on the promontory of a rolling hill, protected by a stand of pine or maple trees.

Peterborough is a pret-

ty city with an old centre of beautiful old houses, a 55-acre zoo ([peterboroughutilities.ca/Park\\_and\\_Zoo.htm](http://peterboroughutilities.ca/Park_and_Zoo.htm)) and if you drive through on a Saturday, the oldest farmer's market in Ontario ([peterboroughfarmersmarket.com](http://peterboroughfarmersmarket.com)). It has been open every Saturday since 1825.

Check out the abandoned mine in Marmora, a small town settled in the 1820s because of the area's rich iron deposits.

Long abandoned, the mine is officially classified as a lake because rain and underground streams have filled it. But it's a great — and safe — place to explore.

For a different kind of leg-stretching exercise, think horseback riding. Eastern Cowboy Horseback Adventures, near Parham (a little west of Perth), developed out of a cattle farm that had cowboys on horseback herding



► There are a lot of interesting places you can hike along Highway 7.

cattle, and repairing fields, woods, past lakes whole family (minimum age 10). eastern cowboy.com.

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photo courtesy of Ottawa Eye by France Metzger, Metro Photo Challenge 2010

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## VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

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Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

YES NO

I am feeling sad and depressed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input checked="" type="checkbox"/>



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03-18-10

# Ontario a true treasure trove for antiquers

► Port Hope proudly retains its title as 'antique capital of Ontario'

 **LORI DANCE**  
LIFE@METRONEWS.CA

As autumn's brilliant splendour begins to fade, the urge to wander about in the crisp air, appreciating all that nature has to offer, swells in our hearts.

What better way to spend a glorious Sunday afternoon than browsing antique shops in a quaint Ontario town?

Port Hope has long since been known as the "Antique Capital of Ontario."

And it's no wonder: OntarioTravel.net extols "its main street, a Heritage Conservation District that forms one of the most significant and complete 19th-century streetscapes in the province" and "the last remaining atmospheric theatre in operation in Canada today." (And for the fellas, "some of the most diverse year-round fishing in Ontario.")

Michael Thomas of Michael Thomas Antiques (MichaelThomasAntiques.com, one of the myriad antique shops in Port



► The Michael Thomas antique shop is a Port Hope must-see

**Treasure tips**

► TheAuctionAdvertiser.com lists antique auctions throughout the province.

► For a list of antique shops in eastern Ontario, visit [antiquesincanada.com](http://antiquesincanada.com).

Hope), explains the allure. "Port Hope has been an antique destination for a long time," he enthuses. "It is the perfect day trip from Toronto as it is only 100 km (away).

And there are so many

great antique and home decor stores."

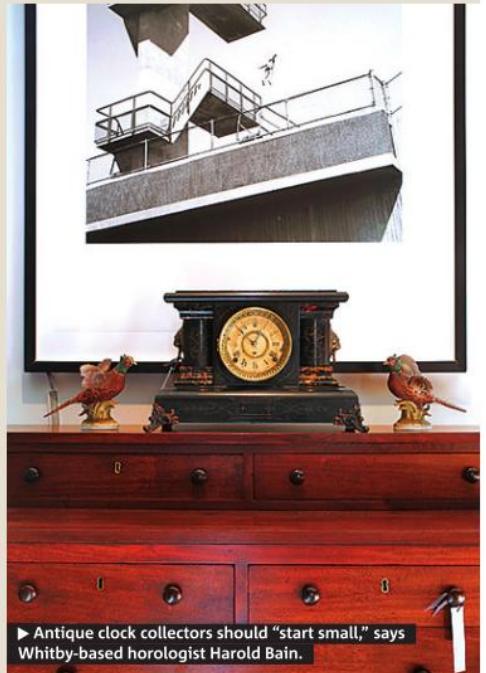
Harold Bain, a Whitby-based horologist (expert in time pieces), suggests that a good way to begin your foray into the world of antiquities is to start small.

"Antique clock collecting can be a very enjoyable hobby," he asserts, though "knowledge is king. You need both a basic mechanical knowledge to assess a clock's condition and a historical knowledge of clocks to know when it was made and by whom."

(Of course, he offers his services — at [comtrek.ca](http://comtrek.ca) — to help you out with the care and maintenance of your find and also sells some very interesting antique, Art Deco, and cuckoo

clocks.) "If you are just starting out in clock collecting, you should start with some of the very affordable clocks made early in the 20th century."

Now is the perfect time to get out there and discover everything that autumn has to offer in Ontario — and get some shopping done!



► Antique clock collectors should "start small," says Whitby-based horologist Harold Bain.



► Antique shop owner Michael Thomas.



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► The Trent Severn waterway, which runs from Georgian Bay to Lake Ontario, features some spectacular fall views.

# A whimsical waterway

► Follow the Trent Severn and encounter a regal railway, spectacular scenery and maybe even a ghost

 **ALEX NEWMAN**  
LIFE@METRONEWS.CA

Created in 1833 as a logging transport route from Lake Ontario to Georgian Bay, the 45-lock Trent Severn Waterway now provides the passageway for some 10,000 pleasure boats. And if you join the dots on a map, it also offers an incredibly scenic (albeit long at 385 kilometres) driving route.

At one end near Georgian Bay, the Port Severn Marine Railway is an engineering marvel well worth checking out.

A rail system pulls

large vessels up and down an 18-metre slope between the Severn River and Gloucester Pool.

The scenery is spectacular as well, with steep gorges, rapids and marsh-

es, and chances are good of spotting beavers, muskrats and blue herons.

At the other end, Peterborough's Lock 21 boasts the world's highest hydraulic boatlift, which simultaneously drops an upper chamber and raises a lower one — a stag-

gating 19.8 meters. It's easy to view from

Be forewarned, however, that the place is allegedly haunted by three ghosts. Although the visitor centre may not confirm the spectral hangers-on, they do offer some good exhibits chronicling the waterway's construction.

The locks are numbered (trentsevern.com) and driving along the picturesque Otonabee River will take you past locks 23 to 27, before arriving at Burleigh Falls.

This lock is unique for the amount of dynamite required to blast through the Canadian Shield. And overlooking the locks, the 100-year-old Burleigh Falls Lodge provides a charming rustic place to stay.

Nearby is Petroglyphs Provincial Park where you can hike through wetlands and forests, and view aboriginal petroglyphs of tur-

gles, snakes, humans, birds, all carved out of white marble rock at least 900 years ago.

Buckhorn is lock No. 30, and the largest of the system holding back approximately 12,000 hectares of water. Poised on the tip of the peninsula between Buckhorn and Chemong Lakes, is the village of Curve Lake, home to 2000

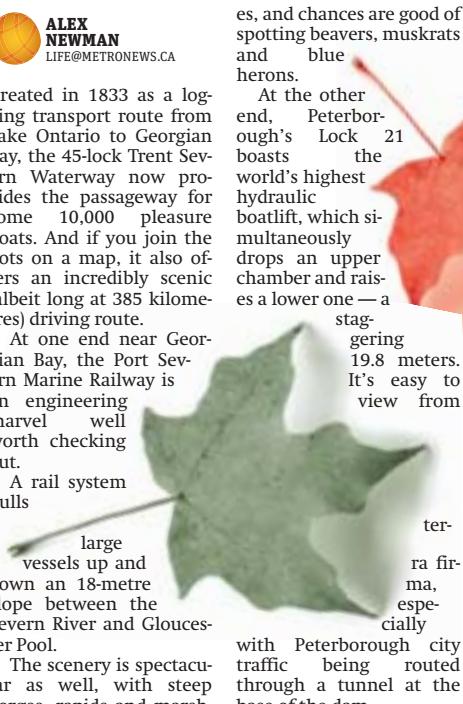
Mississauga Ojibwas. It's from these First Nations people that the district of Kawartha got its name — an Anglicized version of the Anishinaabe name Kawataegummaang. Curve Lake is also home to Whetung Gallery, and its incredible handcarved totem poles, and other First Nations crafts. (whetung.com/)

Michael Whetung, who lives in Curve Lake and whose ancestors settled in the area in 1806, says the spectacular shift in scenery around Buckhorn is because "it's just about where the glaciers came to a grinding halt."

"On the north side, it's precambrian shield. On my side, it's soil and limestone."



► Blue herons are among the wildlife you may encounter.



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# Cruising the canal... by car

## ► Rideau Heritage Route offers rich history, culture and countryside

JO CALVERT  
LIFE@METRONEWS.CA

Autumn is the perfect season for a road trip and embellished with glorious fall colours, the Rideau Heritage Route will please everyone in the car.

A UNESCO World Heritage Site, the route of about 200 kilometres follows Ontario's Rideau Canal between Ottawa and Kingston. Completed in 1832, the canal links rivers and lakes with 47 hand-cranked locks.

"This engineering marvel is something special to be celebrated," says Jantine Van Kregten, director of communications for Ottawa Tourism, "and a real, tangible connection to our past." Most of the 24 lock-station sites welcome visitors with picnic areas, barbecue facilities and washrooms.

Dotted with traditional limestone buildings, "the small towns are quite wonderful," Van Kregten says, and give city dwellers a chance to find "artisans, specialty food shops, country inns and a glimpse of another way of life."

Just for starters — foodies can feast on flapjacks served up by maple-syrup producers, drop by orchards for apples, jellies and pies, sip local beer, cider and wine, sample the Rideau Lakes region's cheese and shop the farmer's markets.

Parents and kids can enjoy harvest demonstrations at the Heritage House Museum in Smiths Falls and pick their own pumpkins enroute, then



► Most of the locks along the Rideau Canal system feature picnic areas.

finish at Fort Fright (a.k.a. Fort Henry) in Kingston, for Halloween festivities.

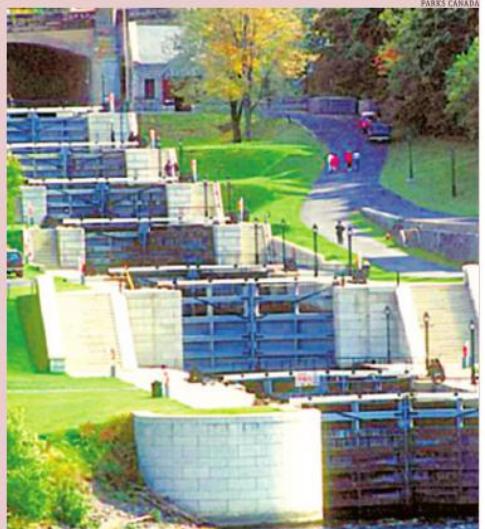
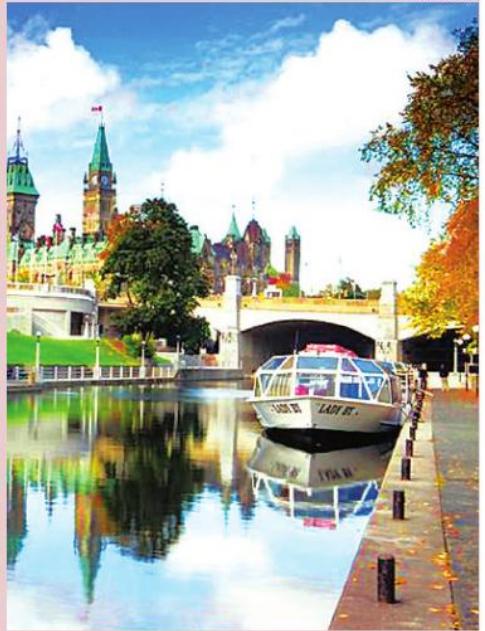
Paddlers can take their canoes and kayaks to dip into the waterways, bird-watchers can bring their binoculars to the Ferguson Forest Centre in

Kemptville, and hikers can stop to stretch their legs on the 300-kilometre Rideau Trail, which winds in and out alongside the route.

Enduring attractions, says Van Kregten, are the museums — such as the

Lockmaster's House in Elgin "that delve into the history of the canal."

You can easily drive the whole distance as a day trip, says Van Kregten.



### Route Resources

- Visit rideauheritage route.ca to order a route guide, find downloadable maps and an information booklet available in seven languages, check out spe-
- cial events and accommodations, or plug into guided or self-guided tours.
- To learn about the Ferguson Forest Centre, visit eedlingnursery.com/trails.
- To find hiking information, visit rideautrail.org.



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# A wonderland of waves

► Soak in the scenery at one of Eastern Ontario's waterways ► Provincial parks offer beautiful fall beach walks

 **YLVA VAN BUUREN**  
LIFE@METRONEWS.CA

Nothing is more calming — and more invigorating — than being close to water. And eastern Ontario delivers.

The 1000 Islands Parkway is a pretty drive, connecting scenic riverbank communities from Kingston to Cornwall. Enjoy a fall boat cruise (they generally operate until the end of October).

Or, cycle the 37-kilometre 1000 Islands bike path — you'll never be far from water!

Walking the main

drags of any of the communities along the parkway could fill an afternoon.

Kingston, for example, boasts an eight kilometre waterfront pathway!

The Land O'Lakes region, stretching north from the Bay of Quinte, has a reported 5,000 lakes and countless rivers.

Take a scenic drive without a planned destination, or have a look at [lol.on.ca](http://lol.on.ca) for some great ideas.

For example, there are public beaches in Sharbot Lake, Sydenham, Long Lake and Arden!

A few other great suggestions: In Campbellford, hike beside the canal and over the Ranney Gorge Suspension Bridge in Ferris Provincial Park.

Visit the Egan Chute, a beautiful waterfall located at the end of an old forest road in Egan Chute Provincial Park, east of Bancroft. The falls are a 10-12 minute walk in.

Of course, it's important to be careful and watch children closely around all waterways.

**Sand beaches are beautiful in the fall too, for long**

**walks with family and friends. Here are four to explore.**

1. Sandbanks Provincial Park in Prince Edward County has spectacular white sand beaches including Outlet Beach. (Watch for signs for

Lakeshore Lodge in the park. The resort lodge actually burned down years ago,

but you can still see parts of its old dance floor. The area is now semi-wild with lots of shade trees.

Walk along the high shoreline or the beach below.)

2.

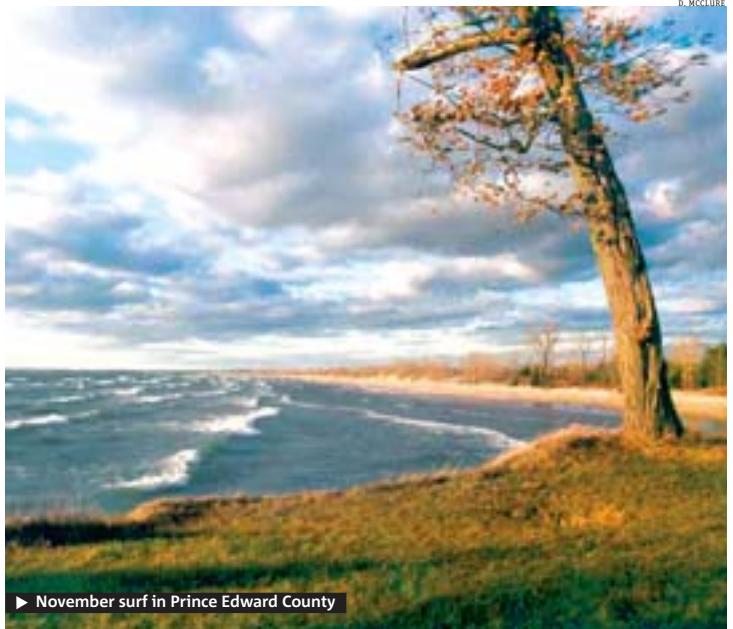
North Beach Provincial Park, west of Wellington in Prince Ed-

ward County, is a simple scenic 1.2 kilometre span of sand.

3. Presquile Provincial Park in Brighton is a beautiful white sand beach. There's a new boardwalk over a marsh in the park, too.

4. Silver Lake near Perth is a long, narrow trough of water carved out by glaciers.

While its long sandy beach is the big attraction, a boardwalk through a marsh at the eastern end of the lake is another popular place to visit.



# The very best of vine land

► Prince Edward County a majestic mecca of wineries ► Water-surrounded land ideal for grape growing



► Hillier Creek Estates Winery in Prince Edward County is a great place to spend a day or a weekend.



 **YLVA VAN BUUREN**  
LIFE@METRONEWS.CA

## Field

County!

This fall we celebrated a friend's birthday in Prince Edward County and spent a delicious afternoon touring wineries! Our designated driver Bob delivered us to Hillier Creek Estates to start, where we fell in love with the view of the vineyards and the Estate Rose. Our next stop was the Norman Hardie Winery where we had a chat with Norman himself about his exceptional Pinot and County Chardonnay. At Sandbanks Estate Winery, we munched on crackers and enjoyed the Dunes Vidal Riesling! By the time we

landed at the stylish barn reno that is Closson Chase Winery, we were tired but happy and loaded down with more than a case of County wines to bring home!

Prince Edward County is an ideal place for producing wonderful wines, says Kemp Stewart, chair of the Prince Edward County Wine Growers Association. The County is surrounded by water and features some of the most suitable soils for growing wine grapes.

The fall is an ideal time to visit the area, which has been officially designated Ontario's fourth Viticultural Area. "And there's so much happening right now," says Stewart,

who also owns Hillier Creek Estates. "Almost all the wineries are busy making wine. We just harvested and pressed our Riesling grapes a few weeks ago."

Stewart recommends that visitors plan their route — "and be sure to pace yourself. Visit two or three wineries at a time, that's more than enough."

While the majority of the over 20 wineries are located in the Hillier area, a winery tour will show you around the rest of the County, too — and that's an ideal way to enjoy the quaint and scenic area. Pick up a Wine Tour Map

(or visit [thecountrywines.com](http://thecountrywines.com)) before you go.

## LATE FALL WINE FESTIVAL

Winemakers in Prince Edward County invite you to the Wassail Wine Festival, which is being held November 20-December 5. Wassailing originated in England and celebrates the end of the harvest! A number of the local County wineries celebrate Wassail and give thanks for a bountiful harvest with special mulled ciders and wines, new releases, seasonal activities and food. For more information, call 613-921-7100 or 1-888-313-WINE.

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# See the sites sans-trip

There's truly no place like home, and if you've decided to stay there this fall season, here are some suggestions for fun activities that are nearby...

ALEX  
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► Durham Forest near Toronto

## Toronto

### NO FAIL TRAILS

Uxbridge, recently dubbed The Trail Capital of Canada, is home to the Durham Forest, which offers dozens of trails for varying levels of hikers and cyclists.

Or, for something distinctly different in the same area, try geocaching. Using only a handheld GPS with geographical coordinates, participants search for hidden containers.

"It's enjoyed throughout the world by people of all ages, and is a fantastic way to explore places that you have never been before," says Michael Hack-

enberger, chair of the Regional Tourism Organization (Zone 6) in Durham. Visit [durhamgps.com](http://durhamgps.com) for more information.

### RIDE THE RAILS

Departing from the Mill St station in downtown Tottenham, a 1920s train coach slowly winds its way on a 100-year old branch line that curves this way

and that, while smoke puffs from the engine against a darkening autumn sky. "I especially love the velvet seats," says 11-year-old Anna Zizys, "but even better is chasing my brother up and down the aisles."

### COME UP FOR AIR

## Ottawa

### I SPY

Built and maintained by the government of Canada from 1959 to 1994, the top secret Canadian Forces communications facility — the Diefenbunker Museum — aimed to protect the government from nuclear attack during the Cold War. Now open to the public, the bunker offers 100,000 square feet of exhibits, including a mock up of a family fall out shelter, spread over four stories deep underground. ([diefenbunker.ca](http://diefenbunker.ca))

### WAY UP

Try walking across the trees on a suspension bridge or speeding through on a zipline. ([aventurelafleche.ca](http://aventurelafleche.ca)) Or just head to the Huron Lookout at Gatineau Park and survey the 362 sq km of autumn glory at your feet.

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# Want some gravy with that pizza?

If you're up for caloric perfection, head to Georgie's for poutine pizza

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



When traditional poutine is getting boring, it's time to give poutine pizza a try.

At House of Georgie Sorento's, you can order any pizza pie with gravy. And if pizza isn't rich enough already, adding gravy makes it an over-the-top event.

We ordered the plain



► Medium Pepperoni Pizza with Gravy

pepperoni pie, which was perfect. Its dough was soft yet chewy and baked to a golden hue. The tomato sauce was slightly tangy with hints of herbs. And the pepperoni was mildly spicy. After a drizzle of gravy, I tasted a rich bite of caloric perfection. The cheese blend on the pizza was a good substitute for the curds and the pizza dough an excellent stand-in for the fries. I enjoyed one slice,

forked another, and wished I hadn't. A single slice of

gravy 'n' pizza is a once-a-year kind of treat. Or a trending topic at 2:00 a.m.

► **House of Georgie Sorento's**  
► 211 Gilmour (at Elgin)  
613-238-3333  
► Hours of Operation: Mon - Thurs 10:30 a.m. to 1 a.m., Fri - Sat 10:30 a.m. to 3 a.m., Sun 2 p.m. to 12 a.m.  
► Rating: \*\*\*½  
► Price Range: \$  
► Reservations: No  
► Licensed: No  
► Client Negotiations: No  
► Social Lunch: No  
► Quick Solo Lunch: Yes (counter only)

► **Barley and Lentil Soup Preparation:**

This soup makes a warming lunchtime treat for brown baggers.

1 In a soup pot, sauté onions and garlic in oil. Stir in ginger, paprika and turmeric and cook for 1 minute.

2 Stir in beef stock, tomatoes and barley; bring to a boil and simmer for 30 minutes.

3 Add remaining ingredients and simmer for about 15 minutes. Makes 6 servings.

THE CANADIAN PRESS

## Barley and Lentil Soup



### Ingredients :

- 2 onions, chopped
- 1 garlic clove, minced
- 15 ml (1 tbsp) olive oil
- 2 ml (1/2 tsp) ginger
- 2 ml (1/2 tsp) paprika
- 2 ml (1/2 tsp) turmeric
- 1.125 l (4 1/2 cups) beef stock
- 1 can (796 ml/28 oz) tomatoes, chopped
- 175 ml (3/4 cup) pearl barley
- 1 can (540 ml/19 oz) lentils, drained
- 1 can (540 ml/19 oz) chickpeas, drained
- 50 ml (1 1/4 cup) chopped fresh basil or 15 ml (1 tbsp) dried
- salt and pepper, to taste

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ON THE TRADE RUMOURS  
THAT SURROUND HIM. THE  
LATEST HAVE HIM HEADED  
TO THE KNICKS OR BULLS.

**"I'm too focused in on this season right now to let rumours or anything like that come in and take over."**

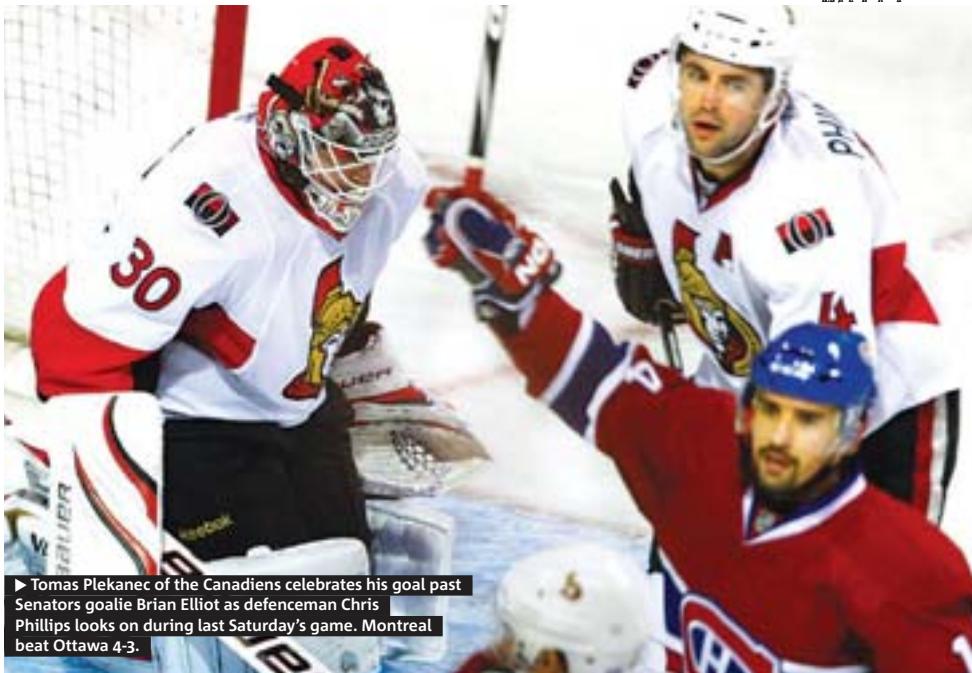
ANTHONY



Scan code for sports

# GM pondering Sens shakeup

► Murray says he's considering making a move as Ottawa continues to struggle ► Team's defencemen not doing their jobs, GM points out



► Tomas Plekanec of the Canadiens celebrates his goal past Senators goalie Brian Elliot as defenceman Chris Phillips looks on during last Saturday's game. Montreal beat Ottawa 4-3.

With his Ottawa Senators sitting dead last in the NHL, Bryan Murray is prepared to shake things up.

The general manager of the 1-4-1 Sens told reporters yesterday that he's considering making a move.

"It's up to all of us (to improve things), this is a team," Murray said. "It's not the coaches or players only, it's me doing anything I can."

"I've talked to a number of people," Murray added. "I talked to (Minnesota Wild general manager) Chuck Fletcher for a long time yesterday and said, 'Can I help you, you help me' type of thing, so we're talking to

management of other teams, trying to find if there is a need and a possibility of making a move."

Murray acknowledged a trade isn't always the answer, but even just the possibility of change can send a message to players.

The GM was brutally honest in his assessment of the Senators' performance so far this season.

"We're not moving the puck up from the back end, we're not defending very well and we're giving up far too many chances," said Murray. "I just think we turn the puck over in our own end and we haven't battled defensively the way

**"We have to play with a lot more sense of urgency. In panic nothing positive comes from that, but urgency we can turn that into a positive."**

HEAD COACH CORY CLOUSTON

we should and the way we're capable of doing in my own opinion. The result is we're scrambling for the puck too often."

The Senators' problems on defence have been glaring and once again Murray was blunt in his opinion of his blue-liners.

"I can't say that one of our D (defencemen) have played to where I thought they were going to be," said Murray, who pointed out that Chris Phillips needs to be better and that Erik Karlsson has fallen far short of expectations, saying he has "struggled big time."

The Senators road doesn't get any easier as they face Northeast Division opponents in Buffalo and Montreal tomorrow and on Saturday, respectively.

THE CANADIAN PRESS



► Rick Rypien

**Canucks' Rypien suspended for fan incident**

Vancouver Canucks forward Rick Rypien has been suspended indefinitely for grabbing a fan on Tuesday night.

The incident happened while Rypien was on the way to the visiting dressing room in Minnesota after being assessed a double minor for roughing, and a 10-minute misconduct.

On his way down the tunnel, Rypien pushed a Wild fan who was applauding at the railing. He was quickly pulled away by teammate Manny Malhotra and the fan was removed from the area.

Rypien will have a hearing with NHL disciplinarian Colin Campbell before the length of his suspension will be determined. Players can only be suspended for five games or more if they are summoned for an in-person hearing, although that does not necessarily mean they will be banned for that long.

The league will have no official comment until the matter is resolved.

Prior to grabbing the fan, Rypien had lost his cool on the ice.

He and Minnesota's Brad Staubitz, who fought earlier in the game, were about to square off at 13:38 of the second period before being separated by a linesman in front of the Wild bench. Rypien punched Staubitz while he was being restrained. Linesman Don Henderson then pulled Rypien toward the Vancouver bench, and the Canucks forward appeared to push the official. THE CANADIAN PRESS



## Yankees still in the hunt



JIM MCISAAC/GETTY IMAGES

► CC Sabathia

Nick Swisher and Robinson Cano hit consecutive homers to build an early cushion, CC Sabathia made the lead stand up and the New York Yankees avoided elimination, beating the Texas Rangers 7-2 yesterday and closing within 3-2 in the AL championship series.

Sabathia bounced back

from an erratic opener, staying away from too much trouble against Josh Hamilton and Texas' big bats.

Rangers slugger Nelson Cruz made an early exit with hamstring trouble, a day after Yankees star Mark Teixeira was lost for the post-season with a hamstring injury.

Now the teams will return to Texas to decide the best-of-seven series.

When they resume tomorrow night, Phil Hughes starts for the defending World Series champion Yankees against Colby Lewis in a rematch of Game 2, won by Texas 7-2.

THE ASSOCIATED PRESS

## NHL

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	5	4	0	1	0	17	11	9	2-0-1	2-0-0	4-1-0	L1
d-Tampa Bay	5	4	1	0	0	17	18	8	2-0-0	2-1-0	4-1-0	W1
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-1	1-1-0	3-1-1	W2
Washington	6	4	2	0	0	18	14	8	3-1-0	1-1-0	4-2-0	L1
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0	2-0-0	4-3-0	W3
Montreal	5	3	1	1	0	14	13	7	1-0-1	2-1-0	3-1-1	W2
Boston	4	3	1	0	0	12	7	6	0-1-0	3-0-0	3-1-0	W3
Carolina	5	3	2	0	0	14	14	6	1-0-0	2-2-0	3-2-0	W1
Atlanta	6	3	3	0	0	18	20	6	1-1-0	2-2-0	3-3-0	L1
Philadelphia	5	2	2	1	0	11	14	5	1-2-0	1-0-1	2-2-1	L2
Buffalo	7	2	4	1	0	16	19	5	0-3-1	1-2-0	2-4-1	W1
Florida	4	2	2	0	0	12	5	4	1-0-0	1-2-0	2-2-0	W1
NY Rangers	4	1	2	1	0	14	16	3	0-1-0	1-1-0	2-1-0	L3
Ottawa	6	1	4	1	0	12	21	3	1-1-0	0-3-1	1-4-1	L2
New Jersey	6	1	4	1	0	10	21	3	0-3-1	1-1-0	1-4-1	L2

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	7	4	2	1	0	23	20	9	2-2-0	2-0-1	4-2-1	W3
d-Dallas	5	4	1	0	0	20	15	8	2-0-0	2-1-0	4-1-0	L1
d-Carolida	6	4	2	0	0	19	19	8	1-0-0	3-2-0	4-2-0	W1
Nashville	5	3	0	2	0	13	10	8	2-0-0	1-0-0	3-0-2	L2
Detroit	5	3	1	0	1	14	12	7	1-0-1	1-2-1	3-1-1	W1
Los Angeles	4	3	1	0	0	10	6	6	2-0-0	1-1-0	3-1-0	W2
Columbus	5	3	2	0	0	13	13	6	2-1-0	1-1-0	3-2-0	W2
Calgary	5	3	2	0	0	9	11	6	2-1-0	1-1-0	3-2-0	W2
St. Louis	5	2	1	1	1	14	12	6	2-0-0	0-1-1	2-1-1	L3
Minnesota	5	2	2	0	1	16	13	5	2-2-0	0-0-1	2-2-0	W1
Vancouver	6	2	3	0	1	14	18	5	2-0-1	0-3-0	2-3-1	L1
Anaheim	7	2	4	0	1	14	16	5	2-0-1	1-1-0	2-4-1	L1
Edmonton	4	2	2	0	0	12	11	4	2-0-0	0-2-0	2-2-0	L1
San Jose	4	1	2	1	0	9	4	3	1-2-0	0-0-1	1-2-1	L3
Phoenix	4	1	2	1	0	8	10	3	0-1-0	1-1-0	1-2-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

Buffalo 4	Atlanta 1	Washington at Boston, 7 p.m.
Columbus 3	Anaheim 1	Anaheim at Philadelphia, 7 p.m.
Vancouver at Chicago		
Carolina at Los Angeles		
<b>Tuesday results</b>		
Calgary 1	Nashville 0 (OT)	New Jersey at Montreal, 7:30 p.m.
Minnesota 6	Vancouver 2	Dallas at Florida, 7:30 p.m.
Boston 3	Washington 1	Pittsburgh at Nashville, 8 p.m.
Carolina 5	San Jose 2	San Jose at Colorado, 9 p.m.
Tonight's games		Minnesota at Edmonton, 9 p.m.
(All times Eastern)		Los Angeles at Phoenix, 10 p.m.

## LATE TUESDAY

FLAMES 1, PREDATORS 0 (OT)	
First Period	— No Scoring.
Penalty	Hagan Cal (high-sticking) 3:52.
Second Period	— No Scoring.
Penalties	Jackson Cal (tripping) 2:51, Sullivan Nash (hooking) 7:10, Boumeester Cal (interference) 12:30, Nashville bench (too many men; served by Dumont) 14:23, White Cal (tripping) 16:37.
Third Period	— No Scoring.
Penalty	Glencross Cal (goal tender interference) 14:12.
Overtime	1. Calgary, R.Bourque 1 (Morrison, White) 2:10
Penalties	— None.
Shots	
Calgary	12 6 14 3-35
Nashville	12 12 10 0-34
Goal	— Calgary: Kiprusoff (W,3-20);
Nashville: Rinne (L,1-0).	Power plays (goals-chances) — Calgary: 0-2; Nashville: 0-5.
Att—	15,684 (17,113) at Nashville, Tenn.

## WILD 6, CANUCKS 2

First Period	
1. Vancouver, D.Sedin 5 (H.Sedin, Edler) 0:58	
2. Minnesota, Zidlicky 1 (Cullen, Miettinen) 6:04 (pp)	
3. Minnesota, Latendresse 2 (Falk, Havlat) 7:20	
4. Minnesota, Clutterbuck 2 (Latendresse, Havlat) 18:10 (pp)	
Penalties	— Clutterbuck Min (interference) 2:05, Ehrhoff Vcr (slashing) 5:29, Zanon Min (interference) 7:48, Rypien Vcr, Staubitz Min (fighting) 10:52, Samuelsson Vcr (cross-checking) 16:30.
Second Period	
5. Minnesota, Madden 1 (Burns, Schultz) 7:54	
Not including last night's games	

## MLB

## 2010 POST-SEASON

## LEAGUE CHAMPIONSHIP SERIES (BEST-OF-7)

## (All times Eastern)

## AMERICAN LEAGUE

NEW YORK YANKEES — Removed 1B Mark Teixeira from the postseason roster. Added INF Eduardo Nunez to the postseason roster.

## Yesterday's result

## NY Yankees 7 Texas 2

## Tomorrow's game

## NY Yankees at Texas, 8:07 p.m.

## NATIONAL LEAGUE

Philadelphia (8) vs. San Francisco (W) (San Francisco leads series 2-1)

## Last night's result

## Philadelphia at San Francisco

## Tonight's game

## Philadelphia at San Francisco, 7:57 p.m.

## Saturday's game

## Philadelphia (8) vs. San Francisco (W) (San Francisco leads series 2-1)

## Sunday's game

## x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.

## x-San Francisco at Philadelphia, 7:57 p.m.&lt;/

## Crossword

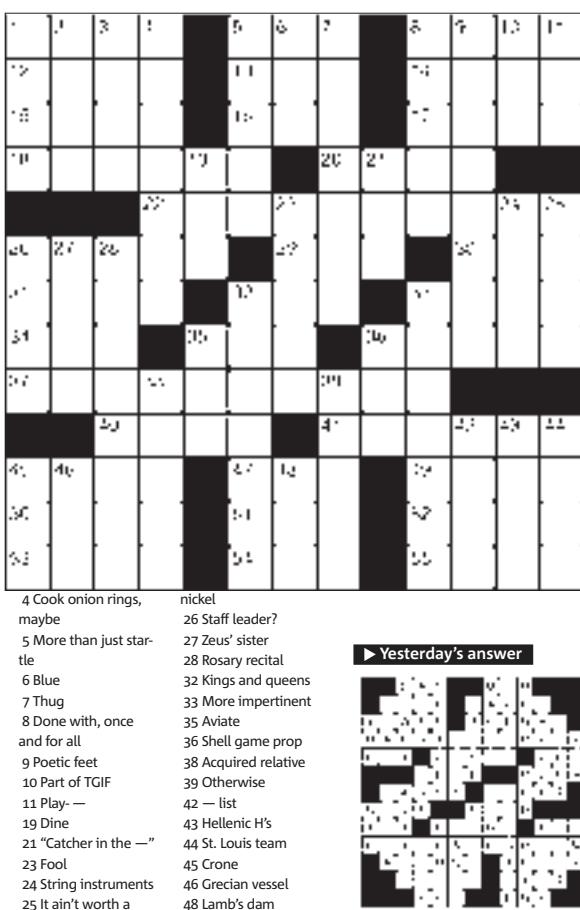
**Across**

1 Slender nail  
5 Blond shade  
8 Police action  
12 Daily material  
13 "7 Faces of Dr. —"  
14 Grooving on  
15 Shrek, e.g.  
16 Commotion  
17 Morse morsel  
18 Paging device  
20 Let gravity take  
over  
22 Game show  
hosted by Steve Har-  
vey  
26 Board meeting  
prop  
29 Payable  
30 Hit the slopes  
31 Tax  
32 Edge  
33 Goblet feature  
34 Prior to  
35 Egg — yung  
36 No longer fashion-  
able  
37 Michael J. Fox sit-  
com

**Down**

4 Cook onion rings,  
maybe  
41 "Step on it!"  
45 Throw hard  
47 Writer Deighton  
49 Title  
50 Met melody  
51 A pair  
52 Cheese choice  
53 Rodents do it  
54 Nevertheless  
55 Colonial sewer

**4** Amorphous mass  
2 Anger  
3 Farm fraction



## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**Aries** March 21-April 20 You may try to hide the truth from the world today but it's highly unlikely you will succeed. You will do or say something that lets the cat out of the bag.

**Taurus** April 21-May 21 Why do you feel you have something to prove? Whatever the reason you'll go out of your way over the next 24 hours to convince people to take you seriously. Don't push too hard though or they may dislike you.

**Gemini** May 22-June 21 You may feel superior to most other people, and no doubt with good reason, but don't make an issue of it or you will turn them off — worse, they may turn against you. Not everyone can be a Gemini.

**Cancer** June 22-July 22 Steer clear of issues that do not really concern you. The planets warn you are liable to mis-judge things quite badly, which won't do much for your reputation.

**Leo** July 23-Aug. 23 You are very close to making a success of something you nearly gave up on just a short time ago. Stick with it a little bit longer and you will be able to celebrate a remarkable success.

**Virgo** Aug. 24-Sept. 22 The right mental attitude always attracts the right opportunities, both in your personal life and in your work and business affairs, so strive to stay positive and expect good things to come your way — and they will.

**Libra** Sept. 23-Oct. 23 Others will talk you up and make you out to be something you are not today. It's nice to be flattered but you know it could backfire on you if you fail to live up to expectations.

**Scorpio** Oct. 24-Nov. 22 You can make even the most difficult tasks look easy, but don't get carried away and claim you can do things that are way beyond your powers. Someone is likely to call your bluff.

**Sagittarius** Nov. 23-Dec. 21 Some people you know you can trust and some people you have your doubts about but you are advised to keep those doubts to yourself today or you could end up offending someone important.

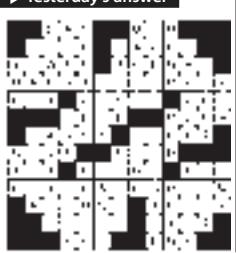
## Sudoku

							5	2
2	4	5	7					
	4	2					8	
3	5						1	6
8								2
9	1						4	7
4				3	6			
				8	9	3		5
9	7							

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



7	6	2	9	5	4	3	8	1
5	8	3	2	1	6	7	4	9
4	9	1	7	3	8	2	5	6
9	7	5	8	4	3	6	1	2
1	4	8	6	7	2	5	9	3
2	3	6	1	9	5	4	7	8
3	5	9	4	2	1	8	6	7
8	2	7	5	6	9	1	3	4
6	1	4	3	8	7	9	2	5

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*My Love Izzy! Just wanted to let you know that you are always in my thoughts and my heart! You are my best friend, confident and the love of my life! You are my happily ever after.*  
LOVE MCP

*Burrito Gina pie. I wuv u so much my little shmoopie bear. It took me 2 months to gather the courage to poke u on facebook and I haven't regretted it since. Xoxo. UR LITTLE STRAWBERRY SUNSHINE.*

*Dearest BFF, great marathon time! I am super proud. Can't wait for our San Fran reunion. XoX, YOUR BFF*

*To my lovely prister! I love you so much honey. I knew from day one we would be lumpy lovekins. I hope you have a splendid day. Love yours truly, KIKAI!*



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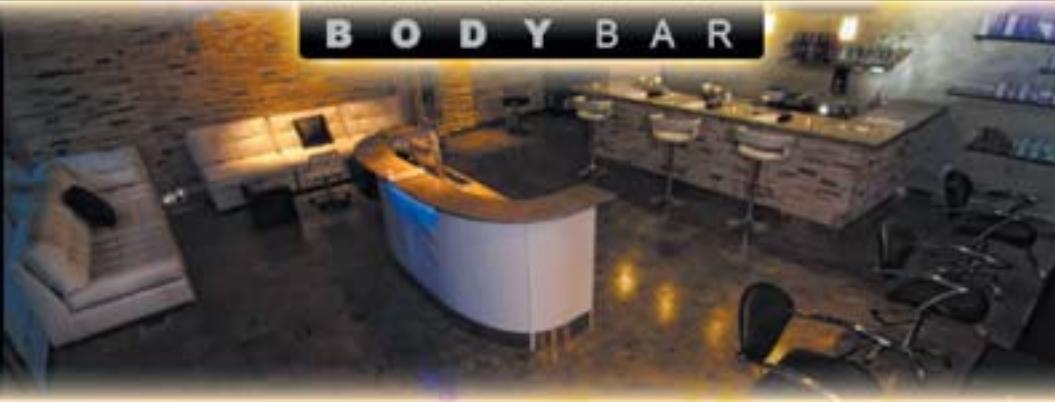
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